SPECIAL REPORT: IS INSOMNIA KILLING YOU? P76

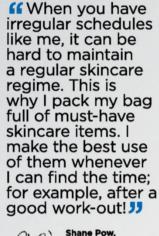


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We caught up with local celebrity Shane Pow as he was heading towards the gym, in between shoots. Despite his busy schedule, his rise to fame requires him to look his best, even when he is on the move. Luckily, he obliged us with a chat and even displayed the contents of his bag for us to check out.

Other than the usual tablet, camera and notebook, stand-out bits within Shane's bag included his favourite black cardigan and a childhood photo album. In addition, we also found a full complement of Lab Series products.





Shane Pow, MediaCorp Artiste Celebrity Endorser







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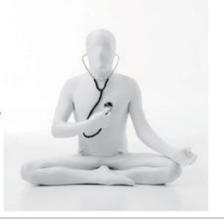


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SEIZE CONTROL OF YOUR CHECK-UP

The yearly expedition to the GP's office is overrated. It's time to play doctor at home.





Instantly take your look from sloppy to sharp without losing your street cred.



You've nailed your morning workout. Skip the lumpy protein shake and zap these high-protein pancakes in the office kitchen instead.





Be at your best in these sports-inspired looks without having to sweat

over your style game.

Target your torso with the atomic push-up and oblique twist to incinerate calories and develop champion's league core strength.



SCARY SLUMBER
We think of sleep as a safe haven.
Actually, it holds as many dangers

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Kevin Hart may be the funniest man alive. Go ahead and laugh. Just be sure to listen to him, and learn, as well.



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CRAFT YOUR OWN ICE CREAM
You don't need a fancy machine

to make a smooth, creamy dessert. Wow her with this tasty vanilla variety from pastry chef David Lebovitz, author of *The Perfect Scoop*.

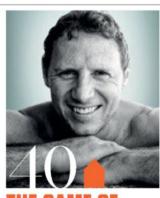


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Correct these five weightlifting mistakes to train smarter, recover faster and make 2015 your strongest year ever.





THE GAME OF HIS LIFE

Former pro footballer P.J. Roberts recounts facing his biggest opponent – testicular cancer – and playing to win.



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MensHealth

5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE

TRUE HAPPINESS

Hitting my 30s hasn't been all peaches and cream, I'll admit. For every joy of joining this age demographic, there's been a downside. While I don't mind the career advancement and financial stability that comes at this age, the stresses of leadership and responsibility can take its toll.

To be completely honest, some days can be draining enough that I end up crawling back into bed at the end of the day, wondering if it's all worth it, and if I'm truly happy.

Part of that is modern society speaking in my head, of course. We live in a world where gratification is paramount, and the avoidance of pain and discomfort crucial. But then I remember the wisdom of the ancients, which still rings true today.

The famed philosopher Aristotle. in The Nicomachean Ethics. preached: "Happiness does not consist in amusement. In fact, it would be strange if our end were amusement, and if we were to labour and suffer hardships all our life long merely to amuse ourselves. The happy life is regarded as life in conformity with virtue. It is a life which involves effort, and is not spent in amusement."

You'll find role models on living this way in this issue. Famed comedian Kevin Hart didn't start out as a high-flying funnyman; he worked his way up from selling shoes. And every morning, star surfer Mark Mathews climbs on a surfboard seeking to better his skill and surf a bigger wave.

Read on to find out how these men strive, and learn their life lessons.

Kelvi **EDITOR**





P46 **FIGURE OUT IF YOUR SECRETS ARE KILLING** YOU.



P56 COOK SALMON THE RIGHT WAY.



P12 **HOW TO REMEMBER** WHERE YOU **PARKED** YOUR CAR.





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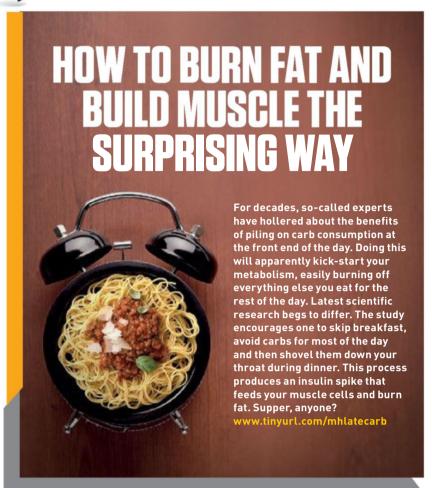
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The sassy star of The Hangover series reveals first-date knowhow that might clinch you a second evening with the woman of your

dreams. www.tinyurl.com/ mhjamie



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Did you know you lose 1 per cent of your height between the time you get up in the morning and the time you go to bed? But thanks to job stress, the shrinkage is even greater on weekdays, says new Swiss research. Besides appearing shorter, four other eyebrow-raising oddities might accelerate your need to relax and unwind. www.tinyurl.com/mhworkstress



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HOW CAN I REMEMBER THINGS BETTER?

Francis

elax - you're not the only forgetful man around. According to a large population-based study published in the journal BMC Psychology, nine out of 10 men have problems remembering names and dates. "It was surprising to see that men forget more than women," notes Professor Jostein Holmen, one of the researchers. "It was also surprising to see that men are just as forgetful whether





name to something." So, repeat the name ("Nice to meet you, Frank"), and then create a mental image linking it to an object (for example, Frank eating a frank).

A PASSWORDS

Too many PINs? Turn them into words that correspond with the ATM keypad (like 2274 for CASH). For your website log-ins, create a smartphone album of visual triggers. For example, if a photo of friends represents Facebook, you could use "Buds4Life". Image-based codes are difficult to crack and highly memorable.

🕰 FACTS

All that cramming in college was about as smart as the rounds of vodka shots. "If you study for five consecutive hours, you won't remember nearly as well as if you study for an hour five times a week," says Francis Crinella, co-author of Brainfit. Remember a fact in the

YES?

NO?

MAYBE?

morning? Review it before bed. Shut-eve helps bolster memories.

A DIRECTIONS

It's usually easier to consult Google Maps. But if you don't remember the address, try closing your eyes to boost your recall. According to a recent study published in the journal Legal And Criminological Psychology, participants had better and more detailed recollection when they closed their eyes.

🕰 NUMBERS

Whether it's a date or someone's phone number, write it down. Researchers at the University of Iowa in the US have found that we don't remember things we hear nearly as well as things we see or touch. James Bigelow, the lead author of the study published in the journal Plos One, noted: "As it turns out, there is merit to the Chinese proverb 'I hear, and I forget; I see, and I remember'.'

LEGAL EASE

CAN I SUE IF SOMEONE POSTS MY ADDRESS **ONLINE? - Thomas**

You can make a complaint to the Personal Data Protection Commission if it was disclosed without your consent by a company or anyone acting in a business capacity (say, a property agent), explains Samuel Seow, managing director of Samuel Seow Law Corporation, "You'll be able to take legal action against that organisation if you've suffered damages as a result of its actions." However, if it was obtained from publicly available sources such as the Yellow Pages, then it can be collected, used and disclosed without consent.

Do you have a question about the law that you want to find out?

The legal information here does not constitute legal advice. You should always consult a wyer for the professional assurance that o information, and your interpretation of it, is appropriate to your particular situation, efore you commence any sort of legal action. We are not liable if you fail to do so.

they are 30 or 60 years old. The results were unambiguous." Now, about remembering things better - here's how to do it.

A NAMES

Try to focus as soon as you shake hands with someone new. "Attention at the time of learning is the most critical thing," says Larry Squire, a neuroscientist and co-author of Memory: From Mind To Molecules. "Second is rehearsal. Third is relating the

ARE EXTRA-SOFT TOOTHBRUSHES BETTER THAN REGULAR ONES?



In this case, "extra" isn't necessarily better. True, improper brushing, especially with harder bristles, can erode enamel and promote receding gums and tooth sensitivity, says Dr Ada Cooper, a consumer advisor with the American Dental

Association. But going too soft is bad, too, because you may leave plaque behind. To confuse matters further, there's no industry-wide labelling requirement for stiffness, so "firm" and "soft" are arbitrary anyway.



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EXCEED YOUR POTENTIAL

LeBron has Durant. Djokovic has Nadal. Find someone who will challenge you: Racing a rival can help you run faster, according to New York University research. "It raises the psychological stakes, and you push yourself harder," says study author Dr Gavin Kilduff. "A rivalry doesn't have to be about animosity. It can also be a feeling of competitiveness due to the relationship or history you have with that person." Next time you enter a race or do a hard training run, invite your rival. Don't have one? Be more social at your next race. Talk to a slightly faster finisher and schedule a friendly run for bragging rights. And read this issue's Rev Your Run (in the PT section) for three manoeuvres you can use to come out on top.



BULLETIN

THE BIGGEST SNOOZER

Here's cause for alarm: Sleeping in on weekends may raise your odds of hypertension, say researchers in the Netherlands. They found that people who slept two or more hours later than usual on weekends had higher resting heart rates and cortisol levels than those with consistent wake times. Staying up late and sleeping in may send your sympathetic nerve system into overdrive, setting you up for hypertension and chronic inflammation, says study author Dr Femke Rutters. If you can't drag yourself out of the sack on Saturday and Sunday mornings, chances are you need to address a workweek shut-eye deficit.

6.4

The percentage fewer cardiac events – heart disease deaths, heart attacks, strokes, bypass operations and stent insertions – in patients assigned to take Vytorin, a drug that combines ezetimibe and statin.

SOURCE: MSD STUDY

STRAIGHTEN UP YOUR ACT

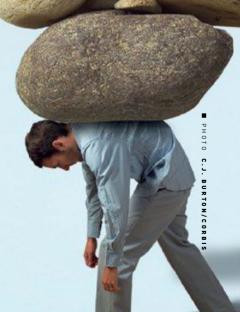
Career in a slump? Check your posture.
According to research from the University of
Auckland, slouching can sabotage your work
performance. People who sat in a slumped
position did worse in mock interviews than those
who sat upright, and their self-esteem ratings
were about 10 points lower afterwards. Sitting
up straight makes you more alert, and acts as
a coping response in high-pressure situations,
says study author Dr Elizabeth Broadbent.

ON OUR RADAR LATEST RESEARCH YOU SHOULDN'T IGNORE

According to observational research published in the *British Medical Journal*, a high milk intake is not accompanied by a lower risk of fracture. Instead, it may be associated with a higher rate of death. Further analysis shows that milk may increase oxidative stress and inflammation. In contrast, a high intake of fermented milk was associated with reduced rates of mortality.

WHAT CANCER TRULY CRAVES Looks like tumours

have a sweet tooth. High blood sugar may raise your chances of cancer, a study in the journal Diabetologia suggests. Researchers discovered that people with prediabetes were 55 per cent more likely to develop stomach or colon cancer than folks with normal glucose levels. Study author Dr Huang Yuli says the insulin resistance that's a hallmark of prediabetes and diabetes may increase the secretion of proteins that feed cancer. Worried? Ask your family doctor to test your blood glucose levels.





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NUTRITION

BULLETIN





The percentage reduction in your risk of suffering a stroke if you chomp on chicken daily.

SOURCE: NANJING UNIVERSITY IN CHINA

THE ROOT CAUSE OF LEAN

This is a stir-fry staple you should bring from wok to workout. Ginger may help slash fat, found a study in the Journal Of Exercise Science & Fitness. When combined with strength training, the fiery root helped cut an average of 4.1kg of body fat over 10 weeks. And men

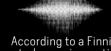
who consumed just one teaspoon of ground ginger daily lost double that of those who trained without the spice. What's more, the group taking ginger significantly increased their lean mass compared to the control group. For tasty results, try blending a spoon of ginger into carrot juice.

A CLEAN SID

Drink your vegetables: A broccoli beverage can clear your system of benzene, a carcinogen found in cigarette smoke, according to a study in *Cancer Prevention Research*. Credit the phytochemical sulforaphane, which promotes the production of detoxifying enzymes, says study author Dr Thomas Kensler.

ON OUR RADAR

SHOULDN'T IGNORE



According to a Finnish study on mice, eating bilberries — cousins of the blueberry — may help dampen inflammation and hypertension associated with a high-fat diet. Can't find bilberries in the supermarket? Health and supplement stores commonly stock bilberry extracts in capsule form.

DON'T BE A G.I. JOE

Good news for people who are already following a diet rich in fruit, vegetables and wholegrains: New research in the US suggests these heart-healthy eaters don't need to worry about choosing low glycemic index (GI) foods to lower the risk of diabetes and heart disease. Study volunteers followed carefully planned diets high or low in carbohydrates, and with high or low GI scores. Between the groups, blood pressure, cholesterol levels and insulin sensitivity levels showed little difference. "We were really surprised (at the outcome)," says study co-director Dr Lawrence J. Appel. The takeaway: Don't be hung up on the GI index on foods when watching your diet.

The percentage improvement in the vertical jump of novice lifters after 10 weeks of deadlift training.

SOURCE: THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

STRETCH YOUR MIND

All you need to nail your upcoming work presentation is some downward dog and an ommm or two. The focus on breathing in meditative forms of yoga can improve the way you recall information and your ability to multitask, researchers found. The University of Illinois in the US compared a meditative form of hatha yoga with a regular stretching and toning class. After three sessions a week for two months, the hatha group saw big improvements in their cognitive abilities, whereas the regular class saw none. Jump into a yoga class next time a busy week looms.

LESS TIME, MORE MUSCLE

The results are in: Workouts consisting of 3 sets of 10 reps may be the most efficient way to build muscle, say researchers at Lehman College in the US. Men who followed that routine for eight weeks gained as much muscle and strength as guys who did the same moves for 7 sets and 3 reps with more weight. But the first group spent 75 per cent less time at the gym. Big weights require longer rests, but don't nix them entirely, says study author Dr Brad Schoenfeld. "Do heavy, low-rep work every three to six months for a new stimulus and sustained progress.

SHOULDN'T IGNORE

Alternating between looking at your feet and an object far away may help release hamstring tension and make you faster, according to research published in the journal Anatomy In Motion.



IS YOUR WORKOUT WASTED?

Barbell curls don't cancel out beer-can curls, and yet people tend to increase their drinking on days they're more active. That's what researchers at Penn State University in the US discovered when they had study participants log their workouts and alcohol consumption. Some people may exercise to counter calories from alcohol or use booze to reward hard work, the scientists speculate. "Alcohol can decrease post-workout muscle-building signals," warns Men's Health nutrition advisor Dr Mike Rousell. "Make your first pint a protein shake. That can lessen the effect."



VEIGHT LOSSBulletin



Be careful what you watch on movie night - it might just turn your weight loss plan into a fantasy.

Action films or TV shows may cause you to overeat, say researchers from Cornell University in the US. Study participants who watched a loud, high-intensity Michael Bay movie ate nearly twice as much food by weight and 65 per cent more calories than those who watched the interview show Charlie Rose. A fast-paced film may distract you, causing you to eat more than you should, says study author Dr Aner Tal. Here's a smart snacking trick from Dr Tal: Use the distraction to switch from chips to carrots or any healthy food you might otherwise avoid. "Eating in front of exploding cars and intense chases may help you swallow the 'medicine' more easily," he says.

THE PERCENTAGE OF OBESE MEN (WITH **BODY MASS INDEX** OVER 40) WHO SUFFERED MODERATE TO SEVERE INJURY OVER THE PAST YEAR, OUT OF WHICH 48.2 PER CENT WERE INCURRED AT HOME.

BONE) ERIKA ROJAS/CORBIS



PROGRAMMED TO FAIL

Go your own way when it comes to dieting. A Jama review reveals that popular diets all produce similar short-term results. After one year, the increase in HDL cholesterol - the good kind among carb cutters was four times that of people on a low-fat diet. Lower carb intake means your body burns stored fat for energy, leading to improved heart health, explains study author Dr Lydia Bazzano. Just be sure to opt for healthy fats,

such as olive oil.

HOOK, LINE AND GUT SHRINKER

Pick your protein wisely: A study review by Swiss and South African researchers suggests that eating fish can help you shed weight. People who ate fish regularly, or took fish oil supplements every

day, lost 0.6kg more over two to three months than those who went fish-free. They also shaved nearly half a point more off their body-fat percentage. According to study author Dr

Nicole Bender, the omega-3 fatty acids in fish have antiinflammatory effects that can boost weight loss. Aim for two servings a week of a fatty fish, such as salmon.



The percentage reduction in people's food cravings after they played Tetris for three minutes. SOURCE: APPETITE.

OIL UP FOR YOUR HEART

Seriously, put down the bowl of rice. Cutting carbs, not fat, makes for a healthier ticker, according to a study published in *Annals Of Internal Medicine*. After one year, the increase in HDL cholesterol - the good kind - among carb cutters was four times that of people on a low-fat diet. Lower carb intake means your body burns stored fat for energy, leading to improved heart health, explains study author Dr Lydia Bazzano. Just be sure to opt for healthy fats, such as olive oil.



ON OUR RADAR

LATEST RESEARCH YOU SHOULDN'T IGNORE

People with a body mass index over 35 were at a greater risk of injury from everyday activities, according to a Canadian study. The most frequently strained body parts in obese men? Knee joints, lower legs and shoulders.

18

The percentage of women who are able to recognise when a man is flirting with them.
SOURCE: COMMUNICATION

THE PLEASURE IS ALL HERS

Women who reach orgasm during sex are more likely to masturbate than those who don't climax, reveals a study in the International Journal Of Impotence Research. It also showed that only 9 per cent of self-helpers don't reach orgasm. Encourage her – and ask to watch, suggests study author Dr Barbara Lucena.

LIPS DON'T LIE

Sure, charm counts. But good kissing trumps personality and looks for women considering a long-term relationship, a study in the journal Evolutionary Psychology reports. Women preferred men who are described as

good kissers (and photographs of the men didn't change their choice). One reason: Your saliva offers clues to your current health, says researcher Dr Robin Dunbar. Plus, he says, your spit will taste pleasant to a woman who's a good genetic fit.

USE YOUR MOUTH IN THE BEDROOM

Tongue-tied between the sheets? New research confirms old advice: Just asking for what you want usually works, according to a study in Sexual And Relationship Therapy Explicitly asking to try a new position, for example, succeeded 85 per cent of the time, says study author Dr Shawna Harris. "If you're not willing to tell your spouse what you want, then you're not going to get what you want," she says. Most people aren't: Only 38 per cent of the study participants used the direct approach; 52 per cent were indirect, dropping hints. Men in particular were more uncertain about how their wives would respond. Dr Harris suggests tempering your request with a statement like: "I think it would be really fun and good for our relationship if we'd shake things up...'

ON OUR RADAR LATEST RESEARCH YOU

Genital grooming is causing more
Americans to seek medical attention.
The US study estimates that twothirds of men who shave their pubes
have suffered a bleeding cut (the most
common injury), and the scrotum
ranked as the most frequently
injured area. Ouch.



YOU CAN'T BEAT MEB. BUT YOU CAN JOIN HIM.



SKECHERS GORUN

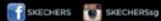


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SEX • COUPLES • HEALTH • NUTRITION • GUY WISDOM • STYLE • GROOMING



SOAR BY MASTERING THESE SECRETS.

eo, Beckham, Clooney: rich, powerful, admired. **But their** appeal goes

beyond fame and money. Call it charisma, call it confidence. Social scientist Catherine Hakim, PhD, calls it "erotic capital" and wrote a book

with the same title. It's that combo of sex appeal, physical beauty, liveliness, fitness, charm, style and, yes, sexual competence. Oh, is that all? Don't feel daunted. Erotic capital can be learned. "It's how these men behave," says Susan Roane, the author of How To Work A Room. Out of the way, Clooney.

LIVELINESS

Whether you're grabbing the mike at karaoke or just cracking jokes all night, your good vibes are contagious, says sex therapist Brandy Engler. "We feel a sense of self-expansion around people enthusiastic about life."

■ Flaunt your wit Funny guys get laid: In a study in the

journal Intelligence, men with a sense of humour reported having more sex. Comedian Steve Lemme suggests the "callback" – a humorous reference to things you've already talked about. ("I'm headed to Bali this year - I know, not as nice as [insert her vacation spot here]"). It shows you're witty, and you've been listening.

■ Spice up your dates Invite her along for an activity you feel passionate about, even if it's fishing. "Do something that makes you feel full of life," says Brandy, author of The Men On My Couch. Help her cast the line, and engage her senses: the feel of the line, the ripples of the water, the stink of the bait. That's passion.

PHYSICAL BEAUTY Sure, genes matter: Facial symmetry, masculinity and skin tone all provide erotic capital, says Catherine. In a 2014 study in Psychological Science, women favoured men with wide faces for short-term relationships, perhaps because they saw them as more dominant. Bad genes? Don't worry. Try this plan.

- Enhance your jaw Facial hair is male makeup: It covers flaws and enhances assets. A five o'clock shadow highlights a good chin, says New York City barber Danny Baptista, while a short beard can create the illusion of symmetry and add bulk to a weak chin.
- Smooth Your face A craggy mug will cramp your style. Use a cleanser meant for dry skin, and add a facial cream before heading out, says Dr John Romano, a cosmetic dermatologist at Weill Cornell Medical College in the US.

SEXUAL ATTRACTIVENESS There's no Instagram filter to help you achieve this. Sexual attractiveness involves not only the shape of your body but also the way you move and talk, says Catherine.

■ Fake the V Step one: Start doing the workouts in this magazine. In the meantime, fake a V-shaped torso - widely considered the male ideal with this trick from fashion insider Sarah Lee: Wear a light-coloured T-shirt with a thick stripe across the chest and shoulders. "This brings your eye upwards," she says.

□ Conquer space In a UK study, women rated men as more attractive when the men's posture conveyed dominance - sitting with their arms and legs open while gesticulating and touching a nearby person, versus sitting with arms crossed and legs together. "When you take up space, you exude confidence," says Susan.

CONVERSATIONAL **SKILLS**

The ability to skilfully work a room can win you a woman's vote of confidence. says Catherine.

■ Stand straight Tall guys are naturally seen as charismatic, a recent Dutch study found. But you can fake it if you need to: Stand with your shoulders back, open your arms, and look people in the eye when telling a story, says Susan. Spot a gorgeous woman? Meet her gaze and smile. You'll create intimacy before you even approach. Once you start talking, ask her name, and then use it later.

■ Target your flirting

Motivation still matters: Guys who flirted just for fun were viewed as less attractive than those whose motives were genuine towards the women they chatted up, according to a recent study in Sex Roles. "It's about making her feel special," says Rachel DeAlto, author of Flirt Fearlessly. So save your best material for when you're vying for a date.

SOCIAL PRESENTATION Think of this as Don Draper domain: dressing and styling your hair in a way that conveys social status and style, says Catherine.

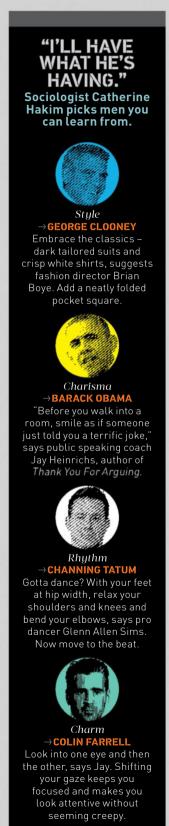
- Rock the side part In a 2013 Great Clips survey, 60 per cent of people said the classic side part is among the greatest men's hairstyles of all time. Opt for a fade, which keeps the look clean, but maintain your natural hairline, says Danny. Thinning on top? "Go short," he says. "And get a super-tight fade on the sides to balance the missing hair."
- **Upgrade your suits Men** who wear custom suits give better first impressions than those in off-the-rack attire, according to a British study. But off-therack suits can fit as if they were tailored just for you. Just make sure the shoulder pads don't extend past your shoulders, the jacket hits about halfway down your butt, and you can comfortably sit down. A tailor can easily adjust hem lengths or even take in the sides or centre back of the jacket, says Sarah.

SEXUAL COMPETENCE Sex drive alone won't translate to being a stud in the sack, says Catherine. More critical than libido is "erotic imagination" - creativity and playfulness in bed.

■ Show your strength You know the scene in Crazy, Stupid Love where Ryan Gosling picks up Emma Stone Dirty Dancing-style? It really works. "Your physical prowess can be a turn-on," says Brandy. "It's an expression of masculinity, allowing her to feel soft and fragile." Flaunt your strength as a form of outof-the-bedroom foreplay: Wrestle playfully, or pin her against a wall for a kiss.

■Adapt your encounters

There's a script for great sex: initiation, kissing, foreplay, intercourse, afterplay. But read her moods, says couples therapist Lisa Thomas. If she has had a bad day, try the softand-sensual approach. After a night of dancing, playful domination might do the trick.







evin Hart bursts through the door of the gym, drops his bag on the floor and starts undressing. He doesn't have time for things like locker rooms and privacy. He'd rather change into his workout clothes at the front door, which at this place - a tiny club in Los Angeles' Tarzana neighbourhood - is being guarded by a very confused shih tzu. Boxers (the human kind) walk past Kevin and do double takes. A few stop to say hello or give him a high five. None of them acknowledge that he is in his underwear.

Kevin pulls a shirt over his head with one hand and taps on his iPhone with the other. He's also talking nonstop, pingponging between topics like parenthood, why his life is so awesome, and his new movie, Get Hard, out March 27.

'It's about understanding your brain, you know?" he says of the comedy. "Everything you do should be about elevating your brain. It's not about doing things just to do them. Everything should have a purpose.'

It's not clear what any of this has to do with a movie about a hedge fund millionaire (Will

Ferrell) who hires the man (Kevin) who washes his car to help him not get raped in prison. But the comedian isn't jumping off this train of thought.

"I always want to show that I'm going up, not down," he says. "I'm not progressing to go backwards; I'm always going forward."

One word that will never be used to describe him is 'pensive". There are no pauses in his patter. He starts talking and finds his way to a point. A conversation with him is never boring. Sometimes, though, you wonder what he's talking about - until you look back and see a few principles emerge.

NEVER LET UP

"If you stop, or even if you slow down, you're going to look up and realise that somebody has passed you," Kevin says of his career philosophy, which from certain angles seems to apply to his life in general. "And that's my fear, I guess. It's the fear of being passed or caught up to, you know? When you get hot, you can choose to stay hot or you can say: 'I'm going to take some time off now and relax.' I don't see the benefit of that. That's how you get left behind."

It's possible that you're not familiar with Kevin Hart, but that's not for lack of trying on his part. Over the past decade, he has appeared in dozens of features, working his way up to above-the-title billing. Last year alone, he starred in four films - Ride Along, About Last Night, Think Like A Man Too and Top Five – all big earners. He has headlined several comedy tours and broken one of Eddie Murphy's long-standing box office records. He has also filled New York City's famed Madison Square Garden.

And yet he is still not considered a household name. Chris Rock - one of Kevin's comedy idols - put it best on an episode of Real Husbands Of Hollywood, the reality-show parody that Kevin co-created. "I'm actually famous," Chris told Kevin. "You're more black famous."

Kevin, 35, seems to prefer it this way. He likes being an underdog, and he'll tell you as much. He'll tell you that he has always done well when the odds have been stacked against him. He'll tell you stories about his pre-fame years, when he was a shoe salesman in Philadelphia, his hometown

'My thing was, I'd ask them what they were looking for in a shoe," he says. "And then I'd go in the completely opposite direction. Someone comes in looking for running shoes; I'd try to sell them Timberlands. I

WHEN YOU

loved that challenge. How can I sell them these shoes that they obviously don't want?"

But the underdog also wants to be noticed. His last stand-up concert film, 2013's Let Me Explain, featured pyrotechnics that punctuated his punch lines. (He got the idea from Jay-Z.) And in case it wasn't clear, he reminded the audience: "I'm a big deal!"

DON'T BE A B***H

This is a long way from Philadelphia, where Kevin says his neighbourhood was rough. He credits his mom, Nancy, who raised him more or less as a single parent, for pushing him in the right direction. In his early stand-up career, he would ask her for rent help and she'd tell him to read the Bible. By the time he finally opened it months after that, several rent checks fell out. His mother died of breast cancer in 2006.

That was a story for Oprah. Onstage, Kevin has used his absentee father, Henry, as fodder – the cocaine addiction, the stints in jail, and the time Henry showed up stoned at Kevin's spelling bee, shouting: "Alright, alright, alriiiiiight."

Still, he gleaned some life lessons. Like this gem, he says: "Don't be a b***h." That was Dad's best advice? "Best advice!" he insists. "And it has nothing to do with being a woman. He meant it as being the type of person who guits, or gives up, or cries when something doesn't go your way."

Kevin is serious. And it's the reason, jokes aside, that he has reconnected with his father in recent years. "When he finally got himself together, he didn't harp on what he did wrong and how it wasn't his fault," he says. "It was: 'Okay, this happened. How can I make it better?' He

never complained. He never, ever complained. And I respect that. That's all I needed."

There's not much that will rattle Kevin's cage. He won't fight back with his ex-wife, Torrei, who has publicly accused him of having an affair with his now-fiancee while they were still married. He'll just shrug and blame himself for getting married too young. "It was in no way her fault. I made too many mistakes, and we will be better apart."

STOP DOING DUMB STUFF

Some may say Kevin's an expert at doing dumb stuff, yet he comes out looking somehow better. Like the honest way he dealt with his drunk-driving episode in 2013, when he nearly collided with a tanker truck. When asked to take a sobriety test, he calmly told the arresting officers: "Why waste our time? I'm drunk, man." And then he spent his time in jail doing push-ups and sit-ups. (He tweeted that it was 6,000 push-ups and 13,000 sit-ups.)

When he was "caught on tape" at Florida State University last November, it wasn't for having a meltdown or assaulting paparazzi, but for telling quarterback Jameis Winston, who had recently been busted for shoplifting and was under investigation for rape: "You need to stop doing dumb stuff."

"That's good advice," he maintains. "All guys need to hear that occasionally. I need to hear that. Doesn't matter how old you get – if you're a guy, you're still tempted by dumb stuff. You need somebody to tell you: 'What's wrong with you? Sit your dumb a** down!"

Not being a b***h and not doing dumb stuff, he says, represent the essence of what he has learned as an adult. "It's like, don't be an idiot, and don't let the idiots get to you."

LAUGH AT DEMONS

If we've learned anything from people like Robin Williams, it's

that often the greater the comedy genius, the bigger the demons. Depression, dark impulses, drugs – if you're any good at telling jokes, we've come to assume that you've also got some deep-rooted psychological issues.

That's not just speculation. In a University of Oxford study from last year, researchers stated that the creative elements needed to produce humour are strikingly similar to those characterising the cognitive style of people with psychosis.

But if Kevin has a dark side, he has done a fantastic job at concealing it. His chemical fuel seems to be adrenalin. About the worst that Etan Cohen, the director and cowriter of *Get Hard*, has to say about Kevin is: "He was planking between takes. You need to do a proper warm-up before you even look at Kevin Hart."

Kevin laughs at the thought that he might have demons. "I don't have a negative bone in my body," he says. "There's nothing that I'm running from. I have no demons. Check my diary, man. Check my diary!"

But doesn't obsessively doing push-ups and sit-ups in jail indicate that something a little more complicated is happening in his head? "What was I going to do?" he asks back. "Just sit in that cell and think about how I messed up? I don't like wasting time. And I can't sit still. I think it's good to stay active and distract yourself from bad thoughts. But at the same time, it's also... it's weird."

He looks contemplative. It's an odd expression for someone mid-trot on a treadmill. "I know it's not the best thing," he says. "Sometimes you should just sit there, you know? Sometimes you should just sit down and take a breath. I know it's healthy to do nothing once in a while, and I don't just sit still as often as I should. But I like to keep busy. I quess that's my vice."

He smiles, perhaps appreciating the irony that he

just had an epiphany about slowing down and doing nothing while in the midst of multitasking.

"Let's do something else," he says, jumping off the treadmill and instantly changing the subject. "Weights, we need weights!"

ACCEPT (AND DELUDE) YOURSELF

"Stand-up" is a misleading term for what Kevin does. Onstage, he is pure kinetic energy. He doesn't pace; he struts. His body is in constant motion. Some of his best bits are pantomimes, as he contorts his body to reproduce a scene. In a routine about his sexual failings, in which he admits to having a stamina of 20 to 23 seconds. he mounts a stool to prove that he's capable of achieving several elaborate positions during that brief time frame.

"That joke came from a real place – 23 seconds is about right," he says. "There are some days when I get glimpses of greatness. And some days when you have to deal with your 20 seconds and think: 'Well, it's enough to be in the game.' It's just 20 seconds, but those 20 seconds are like a ballet."

He is joking now, but a weirdly empowering world view comes through in his comedy persona. It's about accepting who you are, but also being a little delusional. He frequently calls himself a sex symbol, and he's only half kidding. ("Something can be a joke and true at the same time," he says.)

At 1.6m, Kevin isn't the biggest guy in any room. But he's definitely the loudest. He's the only one whose feet, hands and mouth never stop moving.

"Life goes on with or without you," he says. He keeps on lifting and talking. "That is the hardest reality that people can deal with. Life is going to keep on going. But you're not guaranteed a seat.

"I saw what happened to my dad. He went to jail and

FUNNY GUY, SERIOUS GUNS

Hard, daily work built Kevin Hart's arms. Here's your three-step plan.

BACK OFF THE CURLS

Kevin does tons of curls. But trainer Tony Gentilcore says if you can't do five perfect chin-ups, don't do curls. At the start of a programme, focus on total-body lifts that also hit your biceps rather than target them directly.

DOUBLE YOUR REPS

Once you're ready, do a "double-rep set" of curls to maximise your pump. First, do 25 reps of a barbell curl. Rest 15 seconds, then do 2 more reps. Alternate between 15 seconds of rest and 2 reps until you hit 50 total reps.

TARGET YOUR TRICEPS

They're bigger than your biceps. When benching, lay a foam roller lengthwise on your torso so the top is between your pecs, and tap it with the bar with each rep. This emphasises the lockout phase of the lift, which is all triceps.

everything was taken away from him. You're not owed anything in life. You make a bad decision and you're out of the game. Life is a board game. And it will go on without you.

"So you have..." he says, grunting furiously as he lifts the barbell, "... to play..." the veins on his head are like tiny, throbbing exclamation points, "...the game!"

He shoves the barbell back on the rack. "That feels good," he says, his eyes wide. He's bobbing and weaving, like a young Muhammad Ali, but with a smaller ego and better punch lines. He spots his fiancee across the gym. "Chickenbutt!" he shouts at her. "Look at all the weight I'm putting on, baby. Your boy's getting strong!"

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It happened in 2007, and he nearly died from it. "I had a really bad wipeout [fall from a surfboard], which knocked me unconscious underwater," says the Aussie, who was rescued in the nick of time. "I was traumatised. And after that for about one year, I struggled to make myself surf big waves like I used to. And there were a lot of occasions where I turned up to surf, but was so anxious in the lead up that I just couldn't do it or catch any big wave."

But having lived for the surf since the age of eight, he wasn't about to give up. He sought professional help to get his mind back into shape. His outcome: Winning the Oakley Big Wave Awards, one of the highest accolades for a big-wave surfer, for three straight years.

"All of my successes afterwards do not mean I've outgrown fear. I just learned to deal with it a lot better," he asserts. "Most importantly, I realised that nothing amazing ever happened to me while I was in my comfort zone."

Today, Mark is also a motivational speaker for corporate clients. Speaking to Men's Health, he outlines five factors that help people get to formidable goals that, like bigwave surfing, take plenty of guts to achieve.

1 → LEARN TO OUTWEIGH FEAR WITH DESIRE

Whether it's starting a business or learning to surf, getting up and running is a straightforward equation. "Simply put, your desire of wanting to make something happen must be greater than the sum of your fears," Mark reasons. "Two things I use to help me get that desire: my mother and the exhilaration of 'getting barrelled' [surfing through the barrel of a huge wave]." The 31-year-old pictures the smile on his mum's face the day he was finally able to walk up to her with the keys to a new house.



"I replay this in my mind every time I face fear or feel too fearful to do something."

kids that matter, for example, put up a family photo on your work desk. "The desire fuels how hard you're willing to work, and the trick to find motivation and beat fear when the going gets tough is to keep having these reminders."

9 → MAKE YOUR PREP HARD AS HELL

Big-wave surfers have to be prepared to survive a long spell underwater, as sometimes two or even three successive waves keep them submerged. With this in mind, Mark undergoes intensive underwater training between his big-wave surfs. "I train harder than the actual event. You have to retrain your body and reprogramme its natural response to needing air, so you can hold your breath a lot longer," he says. "It's a really painful process because it's about bringing your body as close as you can to drowning." →LESSON In work and life, he says this applies to seeking and being open to criticism of your own ideas before you decide to execute it. "Like big-wave surfing, sometimes you have to beat yourself down in order to build yourself up. One way to do

it is to put your ego aside."

→ DON'T RUSH INTO THE WAVES

U For Mark, patience means spending time watching the waves before paddling out. "Every new location is about studying how the wave breaks, so I can get a good idea of how I'm going to approach that wave," he says. "If people have surfed it before, I ask them how they did it." The Red Bullsponsored athlete adds that he turns to surfers who are more experienced than him. "The objective is to eliminate as much uncertainly as possible. This calms me and helps keep me alive, since underpreparation at big-wave surfing spots can be fatal."

on your own project, seek mentors, do vigorous research and – as much as possible – don't leave anything to chance. "Do everything you can to take the risk out of what you're doing. I don't think you'll ever feel like you're 100 per cent ready, but bear in mind your desire and this line: 'You can handle more than what you think you can.'"

→ SHARE YOUR EXPERIENCES

Last year, Mark recorded one of his big-wave jaunts using a 360-degree high-definition video camera mounted on his surfboard (view it on www. garageentertainment.com.au/ vr). "Technology has advanced rapidly to a point where I can now share with people what it's like to surf through a wave barrel," he says. "I find that documenting your adventures is a good way to distract yourself from how scary it is. You're more willing to go that extra step just to prove to people that follow you on Facebook and Instagram that you can do it, and that's a great driver."

PLESSON When starting a personal project, begin a blog to chart your progress. "Besides motivating you through accountability, it'll also help you look back and identify areas to

improve," he says. "Revisiting your emotions along the way can also help you cope better."

→ RECOVER PROPERLY

After riding a big swell, Mark takes three to four days off. "The demands of bigwave surfing are huge. The mental stress can be more draining than the actual activity, and I would be completely exhausted afterwards," he states. "For me, it's meditation

and yoga, as well as playing the guitar and piano, that help me recover. If I can go from surfing a big wave to going to a relaxed state as quick as possible, I'll be ready for the next swell quicker. I won't get run down and I can surf big swells all year without getting too tired."

TESSON "Find and do an activity that helps you take your mind off everything else," he advises. For a quick fix, try this: Blow out all the air in your lungs and hold your breath for as long as your can until your body reacts and tells you it wants to breathe. Doing so increases the amount of oxygen in your blood in an instant. Mark does this so his wipeouts wouldn't feel so bad, but he says you can use this technique to quell anxiety as well.

GETTING BARRELLED

This is the pinnacle of surfing. It's like the hole-inone in golf. Setting up and dropping into a wave is a terrifying process. All of a sudden, you find the full force of the ocean being thrown up and above your head. There comes a point in the barrel when you've done all the lead-up work perfectly, and you know that you're going to make it out the other end. And for the next four or five seconds, it's the greatest feeling I've ever – Mark Mathews.

How To Date... REBECCA CHEN

ebecca Chen

started dancing salsa at a young

STRIKE HER CHORD

HIT THE RIGHT NOTES AND STAND ABOVE THE PACK WITH THESE TIPS FROM A NIGHTCLUB DANCER.

The same of the sa

GET CHUMMY ON FACEBOOK
"Some guys have asked to add me on Facebook, and that seems to work better sometimes. Giving my number feels a bit too personal. Start with Facebook, get to know each other, and once the girl's more comfortable, ask for her number."

age, performing and competing when she was just 16 years old. Today, at 24, she dances at nightclubs and for events such as corporate D&Ds. This perhaps explains why she's world-weary at the thought of men who try to pick her up. Here are some golden rules on mastering the feel-good vibes and appearing dashing, not dodgy.

START AN HONEST CONVERSATION

"If you think she's beautiful, go up to her and say: 'Hi, I think you're beautiful.' Be straightforward and honest. Don't beat about the bush. And no cheesy lines – I get that a lot at clubs and they turn me off. They do not make a girl feel special."

YOUR STEP "Observe how the girl reacts, and use you intuition. If she's looking at you smiling, dancing and having fun, go nearer. You can move even closer once you sense she's comfortable with that. The key is she must look like she's having fun. You'll know from her body language if she doesn't like you coming onto her. And if you can't take a hint, you're just going to get slapped.

"DON'T BEAT ABOUT THE BUSH.
I LIKE STRAIGHTFORWARD AND
HONEST GUYS. THOSE HIT ALL
THE RIGHT NOTES."

ACT LIKE A GROWN-UP

GROWN-UP
"A guy has to be able to groom himself well and take care of his body. He also has to be mature. Take my work, for example. Nightclub dancers naturally attract a lot of attention because of our sexy outfits, and some guys aren't comfortable with their girlfriends doing that. But they have to understand that we're professionals. It's what we do for a living."

company retreat comes around and water polo is on the cards, don't shy away even if you've never played it before. All you have to do to avoid being closed down by flapping bodies and struggling like a floundering seal - is to learn this simple trick. And who better to ask than a guy on a team that has remained unbeaten in 27 Sea Games tournaments?

hen vour

Yao Xiang, who has four gold medals to his name in the biennial Southeast Asian sports meet, reveals that a player's ability to turn a defender can mean the difference between victory and defeat in a competitive game - including the one with your co-workers.

Besides merely aetting the better of an opponent, turning him gives your team an instant numerical advantage. "This distracts and puts pressure on the opposition defence," says the 32-year-old.

In a casual game of water polo, it's also unlikely you'll find your own teammates creating space for themselves, he says. With no decent passing options available, turning a defender may be the best decision to make. The best part? Back at the office, your colleagues will still be raving about your slick moves.

GET INTO POSITION

With the ball in your possession, position yourself so that the shoulder of your arm – the

one not holding the ball - is perpendicular to and pressing into your defender's chest. You are trying to go in the direction of this shoulder, so point it towards the goal. In the meantime, hold the ball at arm's length, away from the defender, on your opposite hand. Your hips should be at the surface and your legs should be performing eggbeater kicks to tread water.

► STEP 2 OVERCOME THE **DEFENDER**

If your opponent's hips stay at the surface of the water, you won't get the leverage you need to turn him. To drop his hip, swim into him and push against his chest with your shoulder and upper arm, exerting a slight downward force while doing so. Then when you sense that his hips are lowered or his eggbeater kick falters, begin your turn immediately. using him as a pivot. (A caveat: Exerting too much force on the defender without turning may result in a foul ruled against you, as a player is not allowed to physically move an

opponent without the player making a move.)

MAKE THE TURN

Cupping the ball between your wrist and forearm, swing that arm out and execute a big scissors kick to spin ¾ of a full circle around the defender. Your pivoting arm should be keeping him at bay, with the forearm pushing against his hips, such that your hand falls on his outside thigh.

► STEP 4 RETAIN YOUR **ADVANTAGE**

After a successful turn, you should now be facing the goal. Try to keep the defender behind you by shifting your body to block him. Next, lean forward by bringing your hips up to create a distance between the defender and the ball (doing so would also allow the referees to see if your opponent is fouling you). If the defender is holding onto you, let go of the ball and swim to show the referees that your attempt to advance has been denied by him.



WHEN HE BACKS OFF

If the defender knows you're trying to turn him, he might try to move away from you to gain a more favourable defensive position, says Yao Xiang, a brand ambassador for Otterbox. Once that happens, you can either kick back to get away and make a pass, or draw a foul if he's holding you.



ICE, ICE BABY

YOU DON'T NEED A FANCY MACHINE TO MAKE A SMOOTH. CREAMY DESSERT, WOW HER WITH THIS TASTY VANILLA VARIETY FROM PASTRY CHEF DAVID LEBOVITZ, AUTHOR OF THE PERFECT SCOOP.

PREP THE BOWL Pour 2 cups heavy

cream into a 2-litre bowl. Set this bowl in a larger bowl that's partly filled with ice water. Place a strainer on top of the smaller bowl and set aside.

YOLK IT UP

In a small bowl, stir together 5 large egg yolks. In a medium saucepan over medium-low heat, warm 1 cup whole milk, ¾ cup sugar, 1 tsp vanilla extract and a pinch of salt. Stir until the sugar dissolves. Gradually pour the milk mixture in with the yolks, whisking it until it thickens slightly. Then pour it back into the saucepan and cook over low heat, stirring and scraping the bottom with a heatresistant spatula, until the custard has become thick enough to coat the spatula.

"THE KEY TO A WOMAN'S MIND IS THROUGH HER PALATE."

FREEZE'ER

Strain the custard into the heavy cream and stir the mixture over ice until it's cool. Now pour it into a deep baking dish and freeze. After 45 minutes, check it. If it's starting to freeze near the edges, take it out of the freezer and stir it vigorously with a spatula or whisk, breaking up any chunks that may form. Then put it back into the freezer. Repeat the process every half hour, about 21/2 hours in total, until the mixture takes on an ice cream consistency.

TOP IT OFF

Take a sharp vegetable peeler to a bar of dark or milk chocolate and peel curls of the chocolate onto the ice cream. Or try your dessert with toasted nuts, crushed cookies or sliced bananas.

WHEN SHE'S NOT A PARTY GIRL

THROW AWAY THE DATING RULE BOOK AND GET MORE CREATIVE IF YOU WANT TO WIN OVER A HOMELY LASS, SAYS SONIA SANDHU.

he main premise of dating is that a man and a woman do things together that they both enjoy. Usually, this involves them leaving the house, and common date activities include going to the cinema, hanging out at a bar or club, spending the day at the beach, taking part in or watching a sporting activity... you get the idea.

So what happens if the woman you're trying to impress (let's face it - that's the main intention of dating) isn't at all the outgoing type? Does this mean she's a no-go zone and you're better off finding a girl who loves the outdoors?

Homely girls aren't all bad, guys. In fact, if you use your imagination, you'll make dating her a lot more exciting than the standard things you'd do with girls who love going out.

CULINARY PLEASURES

All women love men who can cook, but homely girls appreciate this more because it means they can stay in at mealtimes. If you are fairly good in the kitchen - or at least are willing to try – make the effort and invite her over for a meal. If you don't live alone and can't do this, suggest taking a cooking class together. That way, you're going out for your dates but still doing something homely that she'll enjoy. Plus, she'll find you terribly sexy when you're trying to cook.

DO IT YOURSELF

Are you handy with tools? Or can at least hammer in a few nails to hang photo frames? Tell her you'll help with some household tasks. That way, you can spend time with her while showing off your manly skills. If she lives with her parents, even better: You can win some extra points with

"uncle" and "auntie" and do these chores for them, too. Unless she has a big, burly brother... in which case you'd best think of something else.

HOME MOVIES

No, not that kind. We mean you should watch movies at home instead of going to the cinema and exposing her to noisy crowds, which she will undoubtedly not enjoy. DVD nights might sound very old school but there's a reason they've worked for generations (well, they were video nights before that) when it comes to dating.

ASK HER TO DECIDE

She might be homely but that doesn't mean she hates going out. Ask her about her favourite haunts and plan some dates around them.

This way, not only do you prove that you have her interests at heart, you also show that you listen to her, which is a very important trait women look for in men. Yes, even if you're doing it purely to impress us.

"SHE MIGHT BE HOMELY BUT THAT DOESN'T MEAN SHE HATES GOING OUT."



HAVE YOU EVER WONDERED: WHAT IF YOU **ACTUALLY GAVE EVERY GIRL YOUR NUMBER?**

t's a Friday night. ľm shooting pool at a crowded bar when a babe walks in, triggering that most primal of instincts: Me. Want. Her.

Typically, I'd suppress the urge to approach. Maybe it's because I'm lame - or a total wuss. But straight-up hitting on women seems uncouth to me

Thanks to the ultimate wingman (my smartphone), I prefer a lazier, no-risk way to reach out. I'll scroll through Tinder, hoping that now that we've seen each other, we might also right-swipe to bypass some small talk. Or take a little

trip through Instagram to see if she geo-tagged a selfie that I could comment on (Think that's weird? Go tweet about it, pal.)

Tonight, I call an audible. Pulling a pen and notepad out of my back pocket, I jot down my number and head on over. "Hey, I'm David," I say as I hand her the slip of paper. "You're compelling. Call me '

What exactly has gotten into me? Well, my usual approach doesn't work that well. As in almost never. (One caveat: It does attract some crazy people.) So I made a pact with myself: Whenever I noticed an attractive woman, I would simply stop and give her my

number. Then I'd be standing in front of her and could make another game-time decision: Head for the exit, or see if she wants me to stick around.

"Hysterical," says the woman at the bar - my first foray into this experiment. She tells me her name is Alexandra

"Women can't help but be impressed by a man who's willing to make a fool of himself."

The night doesn't stop there. We have a few drinks, and I walk her back to her hotel for a goodnight kiss. The next time I'm in town, I'll give you a call,

she savs. Emboldened, I give my number out to a dozen more women over the next few days. There isn't really a plan or script: Just be nonchalant, not aggressive, and empower her to make the next move. Yeah, it's gimmicky. But guess what? The ladies are a bit intrigued.

True, a woman in yoga class rolls her eyes and walks off in a huff, but later that day I resupply my courage and drop my digits to another gorgeous woman outside a hardware store. She asks me to

stick around and hang out. A few hours later, I try the same thing on another woman inside a bookstore. 'You're funny," she says, smiling. We end up having martinis at a nearby bar.

While initially embarrassing, the gesture soon becomes exciting, even liberating: Instead of feeling like a cybergeek, I'm a new man one who's hold enough to face rejection. But you know what? At least half the women I give my number to call or text to meet up.

Edward Royzman, a psychology lecturer at the University of Pennsylvania in the US, says it's the directness of this tactic that's so alluring to the women lapproach. "You're revealing character traits. like boldness and a willingness to take chances, that from an evolutionary psychology

he says. And Prof

Royzman says we also have our Wi-Fi-enabled hyperconnectivity to thank, in part: "People now post information about themselves online that thousands of people they don't know can see. which in a sense trains them to be receptive to the idea of being intimate with total strangers."

Plus, there's the modern role reversal. She has my number. I don't have hers. That means I can sit back and wait for the phone to ring.

Indeed. At one point, I give my number to a woman who's waiting outside a coffee-shop. "Um, thanks?" she says, dubiously. But the next day I get a text: "You may be nuts, but who isn't? Coffee sometime?'

Hmm... Maybe. After all, my schedule is filling up fast.

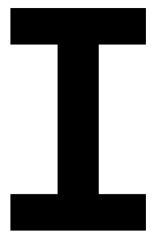




KICKING OUT TESTICULAR CANCER

FORMER PRO FOOTBALLER P.J. ROBERTS RECOUNTS FACING HIS BIGGEST OPPONENT – AND FIGHTING TO WIN.





n football, bravery and aggression are attributes that make opponents quiver in their boots. So when ex-footballer P.J. Roberts – known for his tough-tackling nature during his playing days – was diagnosed with testicular cancer two years ago, he fearlessly regarded it as just another game.

"I couldn't wait to get stuck in," asserts the former Geylang United midfielder, who is no stranger to playing through pain, be it a fractured cheekbone or the niggling lower-back issue that eventually forced him to retire from professional football.

"I just took testicular cancer as another injury I had to come back from."

The episode started when he was a working as a financial advisor in a bank, "It began with a sudden sharp pain in the scrotum one morning," P.J. savs. By afternoon, it became so intense that he headed for the hospital. "There, I got the results in about 11/2 hours later following a blood test and an ultrasound." (His oncologist, Dr Patricia Kho of Parkway Cancer Centre, says the latter can reveal the presence and size of a mass in the testicle.)

A few days later, P.J. had the affected testicle removed. "It wasn't a tough decision," the 40-year-old insists. "My libido is the same as before, and I don't feel any less manly at all.

If anything, doing it makes me feel more of a man."

Now on the road to full remission, the part-time TV football pundit has made starting a family one of his priorities, especially knowing that his ability to reproduce had been in the balance. "The most stressful part about the whole thing was the possibility of becoming infertile, as there's no sperm in the semen during and after the chemo. I have a fertility test coming up, and in case the result comes back negative, I've frozen some sperm as back-up prior to my treatment.'

Also nerve-wracking for him was the biopsy on his removed tumour, performed right after the operation to determine the exact stage of the cancer and how far it had spread. Dr Kho tells Men's Health that the procedure takes almost a week to complete. "The wait did make me nervous," P.J. admits.

"I finally found out the cancer was at Stage 1B, which is quite early," he continues, recalling his relief. Dr Kho had told him that for the initial stages, cure rates for testicular cancer are as high as 95 to 99 per cent, whereas finding out late would mean a five-year survival rate of about 75 per cent – a vast difference. [To perform a self-check, see D-I-Y: Detect It Yourself.]

Still, a gruelling eight-week chemotherapy routine was to come. "Chemo weakens your immune system, exposing you to the possibility of infections," he states. "I had to undergo tests to make sure my body was strong enough to accept the chemicals going into me, because the experience can get pretty awful."

In this instance, he continued to live up to his reputation as the lung-busting lad with plenty of strength and stamina. "The doctors said my health and fitness level going into chemo were very good, so there was much room to drop. So having a base level of fitness was a massive plus. It acted as a buffer."

During chemo, the gung-ho Aussie saw every day as game day. "Like going into a match, you have to know your strategy very clearly, and have the discipline to see it through," he says.

"For my treatment, what dosage of drugs I'd be having on what day is mapped out, as well as when I'm supposed to go to the hospital, when my rest day is... So I know the plan of attack." Focus on that, and he reassures that anyone going through the same process will have an easier time staying optimistic.

Another factor that helped: his pain threshold. "My doctor said my tolerance to physical pain was quite high, which makes sense, as my body came under quite a bit of duress as a pro footballer. When I was 22, I played with a broken fifth metatarsal without knowing it until after the game!"

Even then, there were days where it felt like "being hit with a sledgehammer". In spite of this, P.J. insisted on exercise. "I couldn't think of anything worse than waking up and going straight to the hospital, getting on the drip and having chemicals pumped into my system. I'd go for a light swim or a gym session for 20 minutes every morning. If I was feeling really bad, I'd still try to go for a walk."

Three months after completing his chemotherapy, P.J. was given the all clear. "I dived straight back into life," he guips.

It was then that he made a bold career transition, leaving the banking industry for a job in sports and entertainment research and consultancy. In other words, returning to his passion.

"I'm sure my experience with cancer had a part to play in this decision," he muses. "I've become more comfortable taking steps that I would otherwise have perceived as too much of a risk before." And, enthusing about his upcoming charity game, P.J. declares: "I still play football!"



D-I-Y: DETECT IT YOURSELF

Perform this testicular cancer self-test once a month, advises Dr Patricia Kho, oncologist at Parkway Cancer Centre. "Doing so can help you find any change in the testes early."

FEEL
Perform the check after a shower. Roll each testicle between your thumb and forefinger to check that the surface is free of lumps or bumps. Do not squeeze.

OBSERVE

Compare the size, shape and texture of both testicles. Identify the epididymis (sperm collecting tube) that runs behind each testicle. This is often mistaken for an abnormal lump. Testicular cancer usually affects one testicle at a time, so it's useful to compare.



SEIZE CONTROL OF YOUR CHECK-UP

THE YEARLY EXPEDITION TO THE GP'S OFFICE IS OVERRATED. IT'S TIME TO PLAY DOCTOR AT HOME.



emember when doctors made house calls? No?

How about when they wore those round reflectors on their heads? Not that either? Then how about when they'd bug you to come in for a physical that involved diagnostic scrotum holding? Oh, right. They're still doing that.

The annual check-up may be on its way out. "We've all heard anecdotes about the guy who went for a routine check-up that saved his life," says Men's Health advisor Dr Eric Topol. "What's more likely is you wind up getting screenings or procedures you don't need."

Be your own MD and take these five vital tests.

FIND YOUR ABSI, LOSE YOUR GUT

As a window into your overall health, the digits on the doctor's scale won't tell you much. And your BMI? It's BS. Enter the ABSI ("a body shape index"). A 2014 Plos One study found that people with the highest ABSIs had a 61 per cent higher risk of dying of any cause over the 24-year follow-up period than those with the lowest – even if their

BMIs were normal. Unlike the BMI, the ABSI factors in your waist circumference – and that's key: "A lot of inflammation in the body is derived from fat tissue in the belly," says Dr Topol.

THETEST Enter your measurements and age into the ABSI calculator at absi. nl.eu.org. If your number is 1, your risk of premature death is about average.

JOOTHIS If your ABSI is above 1, start whittling your waist by doing high-intensity interval training (HIIT). In a 2012 Canadian study, people who exercised two or three times a week using HIIT and resistance exercise trimmed more than 5cm from their waist circumference after nine months. HIIT may increase the release of cate-cholamines – hormones that burn fat even after your workout.

BARE ARMS FOR YOUR BLOOD PRESSURE

You shouldn't be casual about a health check, but some doctors do just that with your BP reading: You need to cuff both arms, according to research in *The American*

Journal Of Medicine.
Scientists found that when a person's systolic pressure varies by 10 or more points between arms, the risk of heart attack or stroke shoots up by 38 per cent. A large difference between arms could be a sign of peripheral artery disease, which means your arteries are clogged with plague.

THETEST Before rolling up your sleeves, make sure the cuff on the blood pressure monitor can cover at least a third of your upper arm, says Dr Robert Wergin, president of

"WHEN A
PERSON'S
SYSTOLIC
PRESSURE
VARIES BY
10 OR MORE
POINTS
BETWEEN
ARMS,
THE RISK
OF HEART
ATTACK OR

the American Academy of Family Physicians. Less coverage can throw off your readings. Now, measure both arms, making sure both feet are planted on the floor.

pothis Take the pressure off with probiotics. These good bacteria, found in yogurt, can help lower BP. An Australian study review found that consuming probiotics lowered systolic and diastolic readings by an average of 3.6 and 2.4 points respectively. If your blood pressure is 140/90 or higher, see a doctor.

STRIP DOWN TO PROTECT YOUR SKIN

Your doc may ask you to drop your drawers, but it's rare for men to bare all in a check-up. That's a problem, because a full-body exam is best for catching skin cancer, and 57 per cent of men say they're unlikely to schedule a screening with a dermatologist, according to the Skin Cancer Foundation in the US. So pull down the blinds and pull off your clothes: Dartmouth College researchers in the US found that people who perform regular skin self-exams are twice as likely to find melanoma as those who don't. → THE TEST Each month, check out every inch of your body, advises Dr Clifford Perlis, a dermatologist in Philadelphia. Look for the "ugly duckling" a mark that differs from other moles and may have changed shape or colour. (See www. preventcancer.org/skin/knowyour-abcdes.l

sunscreen with an SPF rating of 30 or higher. (We'll keep on saying this until every guy does it.) And keep a record of your skin exams on your smartphone: The UMSkinCheck app (free, iTunes) stores your photographs and reminds you to perform self-exams. Ugly duckling? Let a dermatologist have a look.

TAKE A REST FOR YOUR TICKER

Few doc props are as iconic as the stethoscope. After all, it's the main way your GP assesses your heart health. Is it the best way? Not always. You need to measure your resting heart rate - and sitting on the edge of an exam table with a cold scope pressed against your chest isn't necessarily "resting", says Dr Wergin. Your ticker should be checked first thing in the morning (difficult for your doctor to do – unless you're sleeping with her).

→THETEST While lying in bed, place a finger (not your thumb) on the inside of your wrist or the side of your neck and count the number of beats for 15 seconds. Multiply it by four for your beats per minute.

→ DO THIS A normal resting heart rate falls between 60 and 100bpm. Are you sub-60? Then you probably have a fitter ticker than the next guy. But if your heart rate is even just one point above 100, you could be at risk of a life-threatening electrical dysfunction like atrial fibrillation, says Dr Wergin. If you're older than 50 or have risk factors for heart disease, check with your doctor for exercise recommendations. Also, eat foods rich in omega-3 fatty acids or take a supplement.

"A NORMAL **RESTING HEART RATE FALLS** BETWEEN 60 AND 100BPM. **ARE YOU** SUB-60?"

MOUTH OFF AT ORAL CANCER

You've spent a lifetime saying "ah", so you'd think a few docs checked for oral cancer along the way. Probably not. Most peer into your mouth to scan for tonsillitis or strep throat. Why don't they look for lesions in there? Actually, GPs feel they're less proficient than dentists are at performing oral-cancer exams or identifying cancerous lesions, according to a study in The Journal Of The American Dental Association.

→THETEST Once a month, gape at the mirror and examine your yapper for any unusual bumps, red or white patches, swelling or bleeding. Then feel for any unusual lumps on either side of your neck.

→ DO THIS All clear in the ol' oral cavity? Start filling it with cruciferous vegetables: People who ate a serving of broccoli, brussels sprouts, cabbage or cauliflower at least once a week reduced their risk of developing oral cancer by 17 per cent, according to a study in Annals Of Oncology. If you see or feel anything odd or unusual that persists for two weeks straight, head to the dentist's chair, says Men's Health advisor Mark Wolff. Oral cancer is treatable if found early.



LANCED DIET Eat regular meals with a wide range of vitamins and minerals," says physician Li Guangjun, a registered traditional Chinese medicine practitioner at Eu Yan Sang TCM Clinic. "Herbal dishes such as adding dried longan and red dates in porridge can help." Also, avoid a lifestyle of sumptuous suppers, sleeping late and skipping breakfast the next day. "Such a habit not only does harm to the stomach but also increases your risk of high cholesterol, obesity and hypertension," he adds.

GET ENOUGH SLEEP "Any disruption to this physiological yin-yang cycle can cause sleeping disorder, which in turn lowers our immunity and makes us prone to diseases.

In traditional Chinese medicine, concentration and movement from exercise help boost immunity, improve vitality and regulate blood circulation and qi (energy), he says. This slows the ageing process, calms the mind, improves your mood and relaxes your body.



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SECRETS: ARE YOURS SLOWLY KILLING YOU?

TAKING A SECRET TO YOUR GRAVE COULD ACTUALLY HASTEN YOUR DEATH. SO STOP HOLDING IT IN. UNBURDEN YOURSELF TO BOOST YOUR HEALTH AND WELL-BEING.



echnically, he hadn't cheated on her. Jason had seen Stephanie only a few times, and even then, the "dates" were more like nights out with a good friend. sometimes ending with a kiss on the cheek, other times a hug, and occasionally, feeling silly, a high five. During this period, an old girlfriend came to town one weekend and Jason slept with her. How could he have known that Stephanie would wind up being the love of his life, the mother of his children, the person he would never dream of keeping secrets from?

"I felt horribly guilty about it," says Jason, 42, who was 27 at the time. "Especially when it seemed like we had a future together."

He wanted – and needed – to tell Steph about that weekend, but first felt it too soon and then it felt too late. "I built it up in my mind as the worst thing ever, and the longer I waited, the harder it became to tell her." The torment he experienced was more than mental. He felt physically awful, teeth always on edge, a low, dull ache behind the eyes. "It felt like a hole eating my stomach."

We'll let you in on a little secret: Vowing to keep certain things in your life hidden – harmful lies you've told and never copped to, hurt you've caused others and haven't acknowledged, embarrassing or traumatic experiences buried in your brain – may eat away at you in ways and to a degree you never realised.

"Unless you're a sociopath, keeping negative secrets

absolutely impacts your health," says Dr Reef Karim, an assistant clinical professor of psychiatry at the UCLA Semel Institute for Neuroscience and Human Behavior in the US.

"No question," agrees
Dr James Pennebaker, a
psychologist at the University
of Texas. "Each year
brings fresh evidence about
the health risks of keeping
dark secrets."

Researchers have discovered, for instance, that harbouring secrets can set off a chronic surge of stress hormones - specifically cortisol - that can lead to all types of nasty health issues, including gastrointestinal problems, a weakened immune system, high blood pressure and memory loss. Your brain must struggle to perform normal functions while diverting the resources necessary to maintain the secret, explains neurosurgeon Dr Gopal Chopra, an adjunct associate professor at Duke University in the US.

"To manage a mismatch between reality and the world around you requires the additional use of the prefrontal cortex and amygdala," Dr Chopra says. "When your brain is working at cross-purposes, the conflict creates stress."

Not only does the stress erode your physical health, it also takes an emotional toll that can affect all of your relationships.

"That's because we are holding on to something that's a lie, that's misleading, or that elicits negative energy," says Dr Karim. "Our internal sense of guilt, feelings for the person we are keeping the secret from, or feelings about ourselves will cause us to feel disconnected in some way. Often, we don't realise this is happening, but it eventually catches up to us."

The notion of secrets as toxic stretches back to the

days of sandal-clad thinkers in ancient plazas. The thirdcentury scholar Origen considered secrets to be poison - literally - and insisted the only way to suck out the toxins was to draw them into the open. Early Christian literature refers to confession as medicine for the soul And in the 1930s, a predecessor of Alcoholics Anonymous, the Oxford Group, turned the notion of confession as healing as one of its most enduring slogans and the very key to recovery: "You're only as sick as your secrets.'

WHAT'S IN YOUR CLOSET?

We all have our skeletons. In fact, according to researchers at the University of Iowa in the US, about 95 per cent of people are hiding at least a few bones.

I'm not harbouring anything remotely scandalous (and if I were, I wouldn't confess it here). But based on how I've suffered from keeping a small secret, I can only imagine what a doozy would do to a guy.

On Black Friday the year before last, my wife and I went shopping to prepare for visits from a dozen family members for a three-day Christmas

"PEOPLE
WHO KEEP
BIG
SECRETS
FIND IT
HARDER
TO DO
PHYSICAL
TASKS."

extravaganza. We snagged some great deals but still dropped a lot of cash.

To my shame, while my wife was off hunting for hangers and a cute knick-knack, a cashier was sliding my credit card for a new Gopro video camera that was on sale.

Knowing how much she hates it when I buy electronic gadgets, I slipped it into the back seat of the car without saying anything.

I let a few days pass without mentioning the purchase, hiding the camera until I could work up the nerve. After two weeks of stomachaches and guilt-induced anxiety, I finally came clean. She was only mildly miffed (and would have been less so, she said, if I told her up front). I, on the other hand, felt like I could finally take a deep breath. What's more, I was at last able to use the thing and filmed a family Christmas movie that became the hit of the weekend.

When I shared this with Dr Dale Larson, a psychologist who has spent much of his career delving into the impact of self-concealment and secrets, his reaction made me wince a little

"This is a classic example of the kind of secret that can be harmful," Dr Larson, a professor at Santa Clara University in the US, told me. "The obsession over it leads to shame and rumination, and then when the secret is eventually revealed, it can undermine trust in the romantic relationship."

And boy, do we obsess.
Back in the 90s, researchers at the University of Virginia in the US found that keeping secrets, even seemingly inconsequential ones, can crowd out other thoughts to the point of "provoking psychopathology".

THE WEIGHT OF SECRETS

The word "secret" means "withdrawn, set apart, concealed, private". It should

be no surprise, then, that shedding the burden of concealment can bring people together. It was precisely that metaphor - in fact, the burden of secrets - that intrigued researchers at Tufts University in the US and three other major colleges enough to find out if people felt a literal weight from withholding information. To answer that question, the scientists crafted a set of experiments.

In the first test, 40 people were asked to think of either a "maior" or "small" secret, and then to estimate the steepness of a hill. The result: The bigger the secret was, the steeper the hill seemed to them.

A second group of participants thought of either "meaningful" or "trivial" secrets while tossing a beanbag at a target about 3m away. People with the meaningful secrets overthrew, suggesting they perceived the target as being farther away.

The third test involved people who'd cheated on their partner but hadn't fessed up. Asked to guess how much effort and energy it would take to complete six tasks, the people who dwelled more often on their straying found the tasks more physically burdensome.

"FESSING UP **GAVE PEOPLE** A REAL **SENSE THAT** A PHYSICAL WEIGHT HAD REMOVED."

None of this surprises family counsellor Dr Deborah Corley, the co-author of Disclosing Secrets: When, To Whom, & How Much To Reveal She says she has had plenty of clients tell her they're really anxious, can't sleep, or feel depressed. "After asking more questions, I find their symptoms stem from being unable to share something they've been withholding."

SHOULD I COME CLEAN?

If all this is true - if clinging to secrets is hurting us physically, emotionally and spiritually – then the answer should be simple: We need to man up and cop to what we're hidina.

It can be that simple. In 2013, following up on their first "burden" studies, Stanford University visiting scholar Dr Michael Slepian and fellow researchers tested whether coming clean would bring relief. The answer was yes. In each case, participants felt their psychic load lifted, giving them the very real sense that an actual physical weight had also been removed.

There is, however, the danger that in unburdening yourself, you drop an emotional anvil on someone else. Take a one-time instance of marriage infidelity. If you want to spill your guts just to soothe your conscience knowing you'll never cheat again - keep your mouth (and pants) zipped, suggests Dr Bruce Stevens, an associate professor of clinical psychology at the University of Canberra in Australia.

"When there is a very high likelihood of it being a final blow to the marriage, I think keeping it secret is best - if the affair is over, past tense," he says. (Of course, there are circumstances when a cheater has no choice, if you've put a partner at risk for a sexually transmitted disease, for example.)

But what about the corrosive effects of keeping quiet? Those can still be addressed if you confide in someone else, such as a therapist, who can help you work through the guilt and shame, as well as address any underlying issues that may have led to cheating in the first place.

Dr Pennebaker has spent two decades experimenting with "writing to heal", a programme that has participants bare their souls on paper for 15 to 20 minutes a day for four straight days. Putting the experience into language, he says, imposes some organisation on it, some structure, something that is just very difficult to do without words.

"People sleep better after they write," he continues. "Students' grades improve. People go to the doctor less. Their immune function improves. People will tell us afterwards that it was a lifechanging experience."

Jason recalls when the weight of his own secret finally became too much to bear. He and Stephanie were still in the lounging-in-bed-on-Sundays phase, deeply in love and spending almost every day and night together. There was no doubt where things are headed, and Jason couldn't have been happier about it. Still... there was The Secret.

It was then, tangled up in the sheets, that Stephanie looked at him and said: "I'm so glad we don't keep secrets from each other."

That was it.

"I knew it was now or never," he says. "The guilt bubbled over, and I told her. Simple as that. She wasn't exactly please, but the whole thing was pretty anticlimactic."

His conscience now clear, he asked her to marry him soon after. Not only that, but he's still friends with the old girlfriend. "And Stephanie really likes her."

LET IT GO

Don't want to tell? Here are other ways to lighten your load.

WRITE IT OFF

Spill your secret on paper, and you won't censor yourself as you might if sharing it with another person, says Dr Tamara Afifi, a professor of communication studies at the University of Iowa in the US. The drawback? If you don't fess up to an actual person, you limit the relief you feel.

BEND A BUDDY'S EAR

The upside of telling a pal is that you trust him and you've also heard his dirt. "It means a lot if you tell a close friend and he still respects you," says Dr Afifi. But this acceptance may be affected by his having strong personal opinions about the subject of the secret.

GO TO CONFESSION

Religious guy? "You can feel more accepted if you're communicating with a higher power through your religious leader," says psychology professor Dr Dale Larson. One danger: Your fear of disappointing a person you revere could cause you to be less open.

UNLOAD ON A PRO

A therapist isn't your pal and won't tell you to pay back your sins – and that might be exactly what you need. The couch is a confidential, judgmentfree zone to open up in, says Dr Larson. What's more, you'll be encouraged to explore the root of the secret and how it's affecting your life. - CHRISTA SGOBBA

GYM BAG POWER TOOLS

our workouts have evolved, so why are you still using old exercise gear? Ditch those ratty shin-length shorts and school T-shirts. Style and stench concerns aside, they can't compete with cutting-edge compression gear, which can delay fatigue and reduce your risk of injury. And that cheap sports watch you've been using to track circuits? Pure Mickey Mouse next to a smart timer that can streamline your intervals. Add these five new items to your gym bag and your workout woes will be history.



ACTIVITY TR

► The first tracker to focus exclusively on strength, Push logs your entire workout, analysing the force, power and speed of each repetition to help you select the ideal weight for every move. US\$189 (\$254), www.trainwithpush.com



2/ VALSLIDES

Place these foamtopped plastic sliders under your hands or feet to ease the impact on your joints, and add challenge to classic moves like push-ups and lunges. \$40, www.valslide.com





INTERVALS TIMER

Programme up to 25 intervals – a beep or vibration tells you when to work and rest. Unlike your phone, it's sweat- and impact-resistant.

\$38, www.gymboss.com



A grip enhancer can help you crank out more reps, according to researchers at the University of Alabama in the US. If your gym doesn't allow chalk, try this stuff instead.

\$14, www.liquidgrip.com



SHORTS AND TOP

Compression gear can help reduce muscle soreness and fatigue. Slip these on before you work out to boost athletic performance and speed recovery from a tough session.

\$145 (top) and \$145 (bottom), www.keypowersports.sg



Apparently, jumping into the sack with the missus after a big meal isn't a very good idea. Why? Well, it all has to do with an old wives' tale your mother warned you about: physical activity after eating would result in cramps and other horrors. Yet, old wives' tales and other myths are often hearsay at best. Unverified and perpetuated via word-of-mouth as truth, we learn to accept these myths at face value mostly because we don't know any better. In reality, for this particular myth, we've found that mothers may not always know best.

So, when it comes to validating myths surrounding a subject as taboo as male sexual health, asking your mother may not be the best idea. Instead, we ask Dr. Ng Kok Kit, Vice-President of the Society for Men's Health Singapore and Senior Consultant of Department of Urology in Changi General Hospital, to shed some light on the five most common myths that concerns men. Better leave it to the experts, we reckon.

MYTH #1

Premature Ejaculation (PE) is purely psychological.

False. PE can be caused by several relational factors such as stress, anxiety, diet, and even martial problems; but inherent physical factors in men are now increasingly being recognized as being important causes of PE as well. These can affect a man's ability to control his ejaculations. In fact, the main reason why men don't seek help is because they are unaware that PE is a medical condition that can be treated with safe and effective medication. Seeking advice from a doctor is the first step men can take to tackle such sexual dysfunctions.

MYTH #2

Wearing two condoms can help men last longer.

Maybe. But wearing condoms, be it one or two, delay ejaculation only by decreasing the sensitivity of the penis on a physical level. Other similar methods include applying a local anesthetic cream or using certain herbal medications that purportedly numb and dull the stimulation on the penis. At best, it's a stopgap solution that doesn't reap long-term results. Oh, it's probably a good idea to check in with your doctor before applying such creams or seeking alternative treatments.

#3

Premature Ejaculation (PE) lessens with age.

PE can either be lifelong or acquired. Unfortunately, for those with lifelong PE, studies from Europe and United States do not show the prevalence of PE lessening with age. Men suffering from acquired PE though, have it slightly better. Behavioral techniques such as the Start-Stop and Squeeze method which have been reported to work 50-60 per cent of the time. But these methods are time intensive, temporary and are not as effective as medication.

#4

Premature Ejaculation (PE) is the same as Erectile Dysfunction (ED).

False. The two are different conditions. PE refers to the inability to control ejaculation. ED, on the other hand, is a condition where a man has trouble maintaining an erection during sex. The two require different treatments. A recent study conducted by Menarini Asia-Pacific¹ showed that PE is the most common sexual dysfunction², affecting 1 in 3 men. Some men with PE may also be affected by ED. Luckily, both conditions are treatable, and they can be treated together.

#**5**

A 'Real Man' fixes his own sexual dysfunctions.

If you think that there is truth to this myth, then you're probably also a fan of the equally dangerous and foolish belief that 'Real Men' never see the doctor. Certainly, many men place sexual ability as the definition of their manhood. Having PE can be devastating to a man's ego. He may even feel added anxiety and stress which will not help with his condition. Whilst many problems can be fixed through self-help remedies. 'Real Men' know when to seek out professional advice. A 'Real Man' isn't afraid to confront his problems. Speaking to a doctor is the best way to regain control of your sexual ability.

For more Information on premature ejaculation, visit www.MinistryofManhood. com.sg or call the hotline at +65 6684 8000.



Hotline: 6684-8000

Premature Elaculation Diagnostic Tool (PEDT)³

Unsure if you might be affected by premature ejaculation? Be a 'Real Man' and take this 2 min questionnaire or check out www.

MinistryofManhood.com.sg to find out more on the treatments available in Singapore.

- 1. How difficult is it for you to delay ejaculation? Not difficult at all Extremely difficult $0 \quad \quad 1 \quad \quad 2 \quad \quad 3 \quad \quad 4$
- Do you ejaculate before you want to?

 Never or almost never Always or almost always
 0 1 2 3 4
- Do you ejaculate with very little stimulation?
 Never or almost never Always or almost always
 0 1 2 3 4
- 4. Do you feel frustrated because of ejaculating before you want to?

Not at all - Extremely
0 - 1 - 2 - 3 - 4

5. How concerned are you that your time to ejaculation leaves your partner sexually unfulfilled?

Not at all - Extremely
0 - 1 - 2 - 3 -

A PEDT score is obtained by adding up the score from each of these five questions.

- ≥ 11 | Premature ejaculation
- = 9 or 10 | Probable premature ejaculation
- ≤8 | No premature ejaculation

Please consult your doctor or urologist for more information as results will need to be validated by a doctor's diagnosis.

Reference: Symonds T, Perelman M, Althof S, Giuliano F, Martin M, May K, et al. Development and validation of a premature ejaculation diagnostic tool. Eur Urol. 2007;52(2):565-73 Questions are adapted from the premature ejaculation Diagnostic tool

Nervous about discussing PE with your doctor? Don't worry, to help initiate the conversation, you can choose to present the slip below to your doctor during your next visit. He/she will know what you mean even if you aren't sure how to raise the issue.

Here are 6 things to consider before your visit to the doctor:

- Be honest. Help your doctor understand your problem so he/she can recommend an appropriate treatment.
- Focus on what's important i.e regaining control over your sex life.
- List down all current and past medical conditions. Include any current medications and all recent health check results.
- Ask your partner along for support.
- Print and bring a copy of the results of the PEDT questionnaire above. This will help your doctor with the diagnosis.
- Relax. Your doctor has heard it all before, so don't be afraid to share more information or ask questions.



HI DOC, HERE'S THE THING... INTO MEAT WITHOUT EXCESS CARBOHYDRATE BAGGAGE.



ROU CHUAN

Roasted over charcoal or electric heat, this Chinese kebab is traditionally made from lamb, and serves up around the same amount of protein per stick as satay. The upside: The flavour profile is unique, thanks to a generous dose of dried pepper flakes, sesame and cumin seeds – the latter is an excellent source of antioxidants (half a teaspoon of cumin has twice the antioxidants in a half cup of tomatoes). The downside: Lamb fat gets skewered on as well, completely missing the point of cooking meat on stick to let excess fat melt and drip away.



KUSHIYAKI

This may be the healthiest on the menu. "Traditionally, Japanese skewered foods are not seasoned beforehand so that the flavours of the ingredients aren't lost," says Chef Roy Chee of Chotto Matte restaurant. "During grilling, we season the meat with a touch of sea salt and pepper to bring out those flavours." You may already be familiar with yakitori, which refers to grilled chicken on a stick. It contains 32.3g of protein, with only 3.7g of saturated fat (out of 11.5g of fat) per 100g (two sticks) - an ideal post-gym snack.



SATAY

The numbers look good: 10 sticks of chicken satay (100g in total) give you 27g of protein with 5g of fat. Beef and mutton offer around the same amount of protein but with higher amounts of fat (7g and 12g respectively). And you have the option of not dipping into peanut sauce, which adds 3g of fat and 69mg of sodium per stick. However, the oil used for satay is usually blended vegetable oil, which dieticians have noted contains a high proportion of saturated fat. So this remains a guilty pleasure.

KENNETH WEE

DAKKOCHI: 2.5g fat 4.5g carbohydrate 48mg cholesterol 448mg sodium Unlike Chinese sticks of meat, Korean kebab is mostly lean meat and contains similar amounts of protein as Japanese kushiyaki.

Dakkochi is the Korean equivalent of yakitori, and bulgogi beef on stick makes for a royal snack (seriously, it was served to royalty during the Joseon Dynasty). This all sounds great until you consider the seasonings. The bulgogi marinade and sweet red sauce are what make this street food a delight, but they also send sodium levels soaring to as high as 1,000mg per 100g.

SHISH KEBAB

1 LAMB SHISH KEBAB: • 240 calories

This backyard barbecue staple has one key advantage over other meat on sticks: vegetables are usually threaded on the skewers as well. Peppers are commonly used, which gives you vitamin C to help absorb more performance-enhancing iron found in lamb. Speaking of which, you typically get the leaner cuts of lamb, which is rich in selenium, zinc and vitamin B12, and yet contain less saturated fat than most meats. Each kebab gets you 240 calories and 26.4g of protein, with 11.1g of fat.

ASK THE NUTRITIONIST

IS THERE ANY **DIFFERENCE** BETWEEN MATCHA AND REGULAR **GREEN TEA?** - Remy

Let's just say that regular green tea has met its matcha. As you may know, your typical green brew is overflowing with health benefits: Scientists think it may help reduce the risk of diabetes, high blood pressure and high cholesterol. Matcha is like green tea supercharged, says Dr Jim White of the Academy of Nutrition and Dietetics. That's because this Japanese tea has three times the amount of epigallocatechin gallate, a potent antioxidant, as regular green tea. Plus, matcha contains theanine, an amino acid linked to improved cognitive performance. Prepwise, matcha soggy tea bags to toss. Once the leaves are harvested, they are dried and ground into a fine powder that you stir into hot water. To make a cup, start by boiling 120ml of H2O. Whisk 2 teaspoons of an organic matcha concentrate with 4 teaspoons of roomtemperature water until a smooth paste forms. Finally, stir in the hot water. The drink has a clean, grassy sweetness. And at 66mg of caffeine per 8 ounces of prepared tea, it has more kick than black tea but less than a cup of coffee.

Sarah Sinaram is a senior dietician at Raffles Diabetes & Endocrine Centre.

E-mail your queries to magmenshealth@sph.com.sg

THIS SUCKER'S A WINNER

GRAB A LOAD OF THIS SPANISH-STYLE GRILLED OCTOPUS, WHICH PACKS A HEALTHY HOOK AND A FLAVOURFUL PUNCH.

WHAT TO EAT PULPO DE LA CASA (HOUSE SPECIAL OCTOPUS)

here's a newcomer to the seafood throne. Having lingered in the culinary shadows of the lobster and crab, the octopus finally comes to the fore at My Little Spanish Place. Here, executive chef Edward Esmero – a self-professed gym junkie – swears by simple preparations that retain the natural qualities of healthful ingredients. His grilled octopus flaunts his philosophy.

The affable Philippines-born chef takes a leg of fresh octopus, softens it with a mallet, simmers it in water with bay leaves, garlic and paprika for 45 minutes, and proceeds to sear the tentacles on a cast-iron griddle before they are ready to be savoured. Available on request is an addition of roasted vegetables, such as purple carrots, as a wholesome complement.



→ PER SERVING (100G) 176 CALORIES 30G PROTEIN 4G FAT

1,200MG SODIUM 5G CARBOHYDRATE

> 0G FIBRE → HOW MUCH \$36/100G

MY LITTLE SPANISH PLACE, 619 BUKIT TIMAH ROAD, TEL: 6463-2810, WWW.MYLITTLESPANISH PLACE.COM.SG

GET A LEG UP

▶ Octopus contains taurine. According to a study in the journal Amino Acids, this compound may help stave off oxidative stress triggered by a bout of exercise. In other words, eating this sea creature can help you avoid the flulike symptoms common after a strenuous workout. Taurine may also help protect against congestive heart failure, a Japanese study suggests.

This multi-limbed wonder should also be the choice meat for any bodybuilder. It boasts a protein-to-weight ratio on

TASTE WISE



FRESHEN FOOD HOME-STYLE SOUPS LOTUS ROOT & PEANUT CHICKEN SOUP

VERDIC^{*}

Brimming with ingredients out of the bowl and very light on the palate, the MSG-free microwaveable soup needed an extra pinch of salt, after which a delicate mix of meaty, herbal and sweet flavours unfolded. The chicken could have been less dry, but the crunchy peanuts and lotus root slices were excellent, as was the soup itself. We'll gladly drink this again!

HOW MUCH \$5.95, available at Fairprice supermarkets.

par with chicken breast (30g per 100g), which places it above that of fellow sea dwellers salmon (22g), lobster (21g) and squid (18g). Top it off with smoky, briny and sweet flavours that come alive in the mouth, and this dish delivers serious muscle in more ways than one.





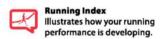


Run beyond ordinary.

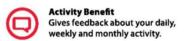
Polar M400 brings together style, performance and comfort.

It's an exceptional blend of sporty design, integrated GPS and advanced training features, along with plenty of options to keep an eye on your activity 24/7.

That's Smart Coaching, since 1977.







GRILL SLAMMIN' SALMON CHEF RICK MOONEN, AUTHOR OF THE COOKBOOK FISH WITHOUT A DOUBT, PRESENTS A NEW AND TASTY WAY OF COOKING A FISH THAT'S ON EVERYONE'S FAVOURITE LIST. SCHEDULE BRINE TIME A brine intension in a wide dish, by water, ½ cup sa 1 small sliced so garlic cloves, a



BRINE TIME

A brine intensifies flavour. In a wide dish, blend 1 cup water, ½ cup salt, ½ cup sugar, 1 small sliced shallot, smashed garlic cloves, a few sprigs of dill and coriander, and the zest of ½ lemon. Add skin-on salmon fillets, cover, and refrigerate 3 to 4 hours.



or Apple Newsstand for

the video demo of this delicious recipe.

STOKE YOUR FIRE

Heat one side of your gas grill to medium high, or light your coals and bank them to one side. Remove your fillets from the brine and soak the cedar plank in it. The plank will keep the fish off the grill (natural non-stick!) while adding a subtle woodsmoked flavour.

SMOKE AND SERVE

Singe the plank over direct heat to intensify its smokiness. Then move it over to indirect heat and place the salmon on it, skin side down. Close the grill and cook 15 to 20 minutes, until the fish flakes when pierced. Using a thin spatula, move it to a plate. Let it rest for 5 minutes.

CATCH MORE FLAVOUR

Much of salmon's signature succulence comes from the thick ribbons of omega-3-rich fat. Chef Moonen's top pick: fatty wild Chinook salmon (available at The Fishwives, www.thefishwives.com). Ask for 4cm thick fillets cut from the head end of the fish. And buy it skin-on. That will give you the most flavour, he says.

FAKE THE FLAMES

No grill? Use your oven to cook salmon in a flash. Place a cast-iron pan 15cm below the heat source. Then turn the broiler on. Season the fish with salt, brush with melted butter, add to the pan, and broil around 8 minutes, until it flakes easily.

UNSUNG SEAFOOD EVERY MAN MUST GRILL

Earn your fishmonger's respect and give these a try, says chef Matthew Busetto of Firehouse Restaurant in the US.



No, not the canned types gathering dust on your pantry shelf. Buy them fresh and cleaned. Then grill them and serve with sliced tomatoes, grilled bread, lemon juice, olive oil, salt and plenty of chopped herbs, he says.



"It usually has a big, beautiful flake and can mild, so it's great for people who aren't big fans of fish." Season with sea salt (1/4 tsp per kilo of fish is a good gauge) and rub it down with olive oil before grilling.



"Most guys go for yellowfin or bluefin tuna," Matth says. But albacore (white meat) tuna costs less and has the same meaty flavour and texture when grilled, he adds. Give it a good squirt of freshly squeezed lemon juice before serving.



"The grill gives squid a sweet char," Matt says. To ensure a good sear, blot the squid dry with paper towels. Then rub it with oil and season it with salt and red pepper flakes. Grill the squid over high heat until it's opaque and lightly charred.

GRILL VEGETABLES INSTEAD OF BURNING THEM

Protect your produce from the roaring flames. Hugh Fearnley-Whittingstall, author of the new cookbook *River Cottage Veg*, offers tips and techniques that will lead to success.



ZUCCHINI

If you cut this squash into rounds, the pieces will be hard to flip and you'll lose some to the coals. Instead, cut zucchini lengthwise into pinky-size spears that can rest across the grate without slipping between the bars. Don't overcook them; aim for crisp-tender.



POTATOES

Dense vegetables are tough to cook to tenderness without burning. So pre-cook them. Select small, waxy varieties such as new (baby) or purple potatoes or fingerlings. Halve them and boil them in salted water 5 to 8 minutes, until almost tender. Drain them, brush them lightly with olive oil, season, and grill 3 to 5 minutes, until browned



ASPARAGUS

Grilling these skinny stalks often results in pieces lost through the grate. Do this instead: Snap off the woody ends and blanch the stalks in boiling water for 2 minutes. Brush them with olive oil, season, and thread five or six onto two presoaked wooden skewers. Now vou can turn them with one simple crisp-tender, turning once.

BETTER YOUR

Add flavour to grilled fish instantly by mixing soft butter with these flavourings, says chef Matthew Busetto. As the fish rests, top the fillet with a spoonful.



- 1 tbsp mint
- 1 tbsp tarragon



Combo 2

- red-pepper flakes



Combo 3

- 2 tbsp chopped olives



SINGAPORE'S LARGEST NIGHT-TIME MARATHON JUST GOT BIGGER, WITH A **CATEGORY FOR YOUNGSTERS. TIME TO** GET THE WHOLE FAMILY RUNNING.



SUNDOWN MARATHON

Strap on your favourite luminous shoes, and show the children and youth in the new 5km fun run category how it's done. The eight edition of Singapore's largest night marathon takes place on July 4. There's also a 5km fun run for runners above 18, along with the usual three competitive timed races: 10km, 21.1km half-marathon and 42.195km full marathon. Sign up now. Loyalty and Early Bird rates end Feb 28.

www.sundownmarathon.com





PADMA HOTEL BANDUNG

▶Here's a luxurious hotel that offers both a nice spot to get away from it all and creature comforts to enjoy with your babe. Located in the capital of West Java province in Indonesia, Padma Hotel boasts a spectacular view over the hills, well-appointed guestrooms and exceptional hospitality personified by a 24-hour butler service. Location-wise, it's really quite quaint - located on a hillside, yet only minutes away from Bandung's city centre.

www.padmahotelbandung.com



LANG TONG ► Directed by local filmmaker Sam Loh, this thriller

tells the story of a remorseless con-

man/womanizer who romances an alluring wealthy lady - who in turn happens to make a wicked bowl of pork rib soup (the film's title is Cantonese for "nice soup"). The plot takes a dark turn when he starts an affair with her beguiling younger sister, who is devising a plot to have the elder sibling murdered to pay for causing their mother's death. Things, as is always the case, are not what they seem.

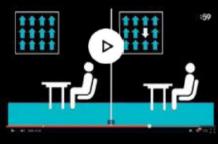
Mar 5, in theatres islandwide



■ USEFUL YOUTUBE VIDEO OF THE MONTH

HOW TO BE

This 59-second video by psychologist and bestselling author Richard Wiseman offers some tips and tricks you can do to increase your creativity and get ideas flowing in literally seconds. It really doesn't get any easier than this.



►► SEARCH YOUTUBE FOR: OR LOG ON TO:

ww.tinyurl.com/be-creative-in-seconds

VIBE BEACH SPORTS AND MUSIC FESTIVAL

► Make this reason enough to keep working hard on that beach body. Starting from 10am, you have the option to participate or watch beach volleyball and beach football teams compete for the top prize of \$1,500 in each category in Sentosa. After that, the festival will attempt to set the record for the largest Zumba dance gathering in Singapore. Throughout the day, regional and local DJs will be spinning their best beats. And when night falls, the actual party begins.

Mar 21, https://vibebeachfest.eventclique.com

EXERCISE SMART

AN EFFECTIVE WORKOUT DOESN'T NECESSARILY EQUATE WITH EXERCISING HOURS ON END. MATTHEW HILLYER FROM PSB ACADEMY RECOMMENDS THE 12-MINUTE WORKOUT IF YOU'RE STRAPPED FOR TIME.

ou lead a busy life, so it's not surprising that you have very little time to exercise. But the good news is that you don't need to spare a couple of hours a day to work out. You can shape up and stay fit in just 12 minutes.

One such session is all it takes to tone your body. Comprising different key moves that target your major muscle groups, this speedy workout can be done anytime, anywhere. Matthew Hillyer, a lecturer from the School of Life and Physical Science at PSB Academy, shares more.

■ What's the rationale behind the 12-minute workout?

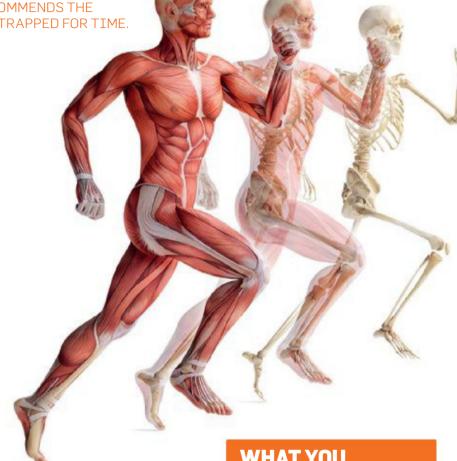
It's now three months into 2015 and some (if not most) are finding it more difficult to adhere to their New Year promise of getting fit. The words "no time" or "boring" become excuses. So try exercising at a higher intensity to maximise your time. The High Intensity Interval Training (HIIT) 12-minute workout is less time-consuming, enjoyable, and provides that essential sensation of achievement and physiological progression.

■ What are some physiological/physical benefits of the workout?

Using sprint intervals with low- to moderate-intensity rest periods will yield many positive results, including improved respiratory function, sprinting performance and reduced cardiovascular stress (for example, reduced heart rate at a given intensity). Another main area of interest is the evidence supporting its use in promoting fat loss, which has often been associated with higher levels of Excess Post-exercise Oxygen Consumption or EPOC. After a bout of HIIT, the body needs to recover. Oxygen breaks down our fat stores and provides the energy needed for recovery. Hence, an increase in training intensity causes a higher EPOC that, in turn, results in greater fat loss.

■ Are there different types of workouts targeting different objectives? What are some of the more popular forms?

Some HIIT programmes use a variety of full-body exercises in a circuit format, while others use either short sprint intervals (anaerobic) or longer sprints (aerobic), depending on the targets and goals of the programme. This particular HIIT plan of action comprises anaerobic sprints. However, you can easily adjust both the sprint interval and rest period to achieve your goals.



■ Do you have a personal favourite that has been helpful/effective for you?

My personal favourite 12-minute workout is the ascending pyramid sprints. This is a pretty advanced programme and is not for beginners, as the rest intervals are short. But it can be customised to runners of all levels.

■ What can prospective students expect from the Bachelor of Science Sport and Exercise Science degree from Edinburgh Napier University?

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WHAT YOU SHOULD KNOW



PSB Academy's academic programmes are offered in conjunction with 10 premier university partners, including Edinburgh Napier University. ENU offers industry-informed programmes, which combine the optimum balance of theory and practice. It has been ranked the Top Scottish Modern University for Sports Science by *The Guardian* League Table 2013 and *The Times* League Table 2013. Upcoming intakes for the Bachelor of Science Sport and Exercise Science are June and October of 2015.

For more information or to request a brochure, SMS PSB<space>
ENUSES_MHMar<space>Name to 9010-2322.

E REALLY Y RUBDOWN

very guy could do with a good head-to-toe massage. No, not of the nudgenudge, winkwink, baby-oil rubdown. We're talking about a proper massage that improves overall blood

flow and alleviates muscle soreness – according to a study published in the journal Archives Of Physical Medicine And Rehabilitation; physical therapy that relaxes the body and relieves stress.

I know as much as the next guy about the variety of massages out there. Thai, Swedish, Shiatsu, sports, deep tissue, and cheap neck and back rubs come to mind. But then I was offered a session of Ayurveda massage in the spa at the Parkroyal hotel on Beach Road.

Google "Ayurveda" and you'll quickly learn it's the ancient Indian health science of wellness through a balanced diet and healthy lifestyle. As with its sister science - yoga - its ultimate goal is perfect bliss. However, "massage" is where things get confusing.

What you get instead is someone lying on a table and having oil - lots and lots of it drizzled generously over the head and body. Parkroyal's St Gregory spa menu claims that shirodhara - the dripping of oil on the forehead - helps relieve mental tension, headaches, insomnia and memory loss, and is

"profoundly" relaxing. For the body, you get abhyangam, which is, simply put, the Ayurvedic equivalent of an oily massage. This helps relieve muscle and joint aches and nervousness. and improves your body's circulatory system.

THE EXPERIENCE

My session started with a consultation done by a physician - a qualified Ayurveda practitioner - instead of the

pretty girl with a questionnaire.

There was one I had to answer: a one-page, 57option checklist titled "Dosha Analysis" that gave me a bit of a headache. The Ayurvedic physician explained that doshas are metabolic currents that drive our bodies, called vata, pitta and kapha.

Most of us are dominated by one dosha, the physician continues, and when it gets too strong – due to what we eat, our thoughts and environment

factors - we feel bad mentally and physically. For example, too much vata, which is associated with air, can make you sleepless and indecisive.

After the physician felt my pulse and measured my blood pressure, he declared me a 'pitta vata" person. It meant I had two dominant doshas to deal with. And if pitta (associated with fire) is out of whack, it can cause digestive and angermanagement problems.

So, in a pair of disposable boxer shorts, I was laid on the table and the massage began. Abhyangam was very enjoyable. Warm oil was rubbed over my shoulders, arms and legs in long sweeping strokes. It's the sort of massage that comes to mind when you say "massage" only instead of lavender oil, you get herbal oil (lots and lots of it).

Unfortunately, before I had the chance to fully descend into a lower state of consciousness, shirodhara was next. I tried to relax as a rapid succession of oil droplets tapped on my forehead, released from a large bowl looming over my face. My mind was filled with thoughts like "I hope they've checked the hanging contraption" and 'Cannot nod off or I risk drowning in an oily mess".

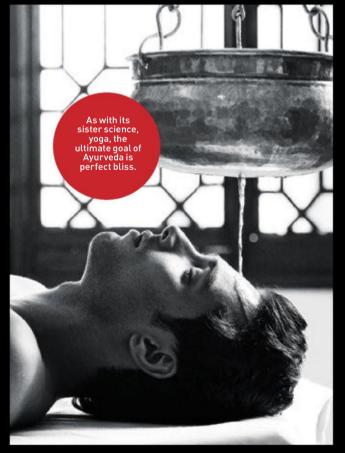
And so, for half an hour, I laid there in insufferable agony.



I left the spa feeling well-oiled. yet as average as before. The post-massage shower wasn't enough to wash off all the oil. Don't try this during lunchtime; consider doing it during a staycation instead.

That's not to say it wasn't useful. I did come out of it with a better understanding of keeping a balanced lifestyle. But in future, I'll stick to a more guaranteed form of unwinding: beer.

St Gregory spa is located at Parkroyal On Beach Road, www.parkroyalhotels.com





⊘TREAD NEW GROUND

TEXT DAN MICHEL - PHOTOGRAPHY VEE CHIN - ART DIRECTION PAULINE TAN - DIGITAL IMAGING JASON TAN - STYLING SHEH

Gym shoes they are not. They're designer sneakers, and they look real sharp. "You can wear them with just about anything – even formal clothing," says Elliott Curtis, a co-founder of Sneakerology 101, the first accredited college course on sneaker culture at Carnegie Mellon University in the US. So listen up and raise your footwear game.

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SNEAKER TIPS

REMAIN NEUTRAL

When you wear bold shoes, show restraint by choosing neutralhued clothing. "Let your shoes do the talking," says sneaker expert Elliot Curtis.

• DON'T COLOUR CODE
"Guys who coordinate their accessories with their sneakers are trying too hard," says Elliot. Wearing a navy blue hat with your navy blue treads? People will think you're in uniform.

SHOW SOME ANKLE

You can pair sneakers with nice jeans and a blazer – or even a full suit - as long as your pants break high. If they bunch, they're too long.

DON'T WEAR

TRAINERS

If you work out in them, then that means they're your gym shoes, not your office shoes. "You want to look rebellious yet focused – not like you forgot your dress shoes," says Elliot.

ROCK SLIM PANTS

Too much girth in the legs (think boot cut) is awkward. It hides narrow sneakers and makes chunkier shoes look like clogs.

DO CUFF THE WIDTH

Fix bagginess like this: Pinch the slack at the inside seam. Then, leaving just a little space, fold the seam over. Finally, cuff the pants two times to lock the fold in place.

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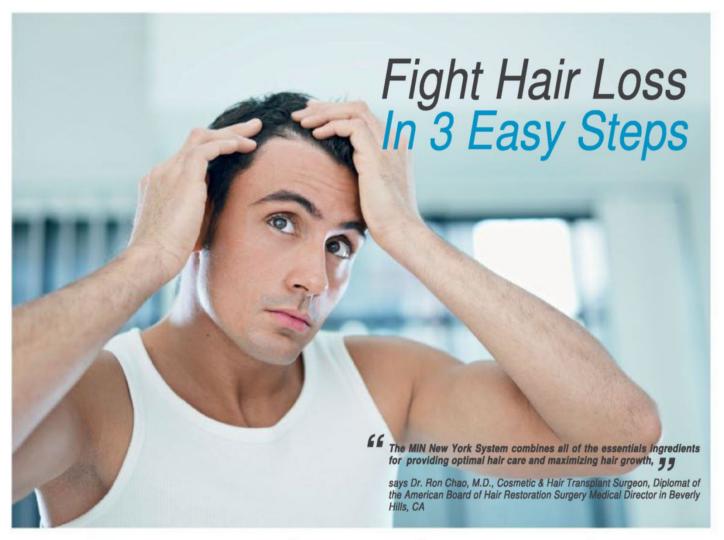
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CYCLING

For the urban commuter with even a modicum of sartorial nous, track pants are a boon for comfort but a knife in the back of "cool". Men's Health stylist Sheh Alkaddri recommends cotton trousers, which are especially good for gentlemen who prefer to bike from A to B. Their slightly stretchable characteristic allows the cut of the garment to remain formfitting without restricting mobility. A windproof bomber jacket offers a similar mix of form and function.

BOMBER JACKET (\$119) BY H&M.
SHIRT (\$69.90) BY BILLABONG.
COTTON TROUSERS (PRICE
UNAVAILABLE) BY CLUB MONACO.
SNEAKERS (\$109) BY PUMA.









Boardshorts are your go-to anchor for your beach style. "Pick a pair that's predominately solid in colour (preferably navy or beige) with traditional trousers pockets, cut a couple of inches above the knee, and slim through the leg," advises top style blogger Dan Trepanier (www.thestyleblogger.com). Meanwhile, dynamic colour accents separate you from folks who are merely content to lounge on the deck chair.

SWEATSHIRT (\$39.90) BY H&M. BOARDSHORTS(\$89.90) BY BILLABONG.
VONZIPPER SUNGLASSES (\$179) FROM BILLABONG. **SPALDING** BEACH VOLLEYBALL (\$29) FROM WORLD OF SPORTS.



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Dr Andrew Weil For Origins Mega-mushroom Skin Relief When it comes to skincare, men aren't exactly bedfellows with facemasks. This one, however, makes a strong case for itself. Guys whose mugs are exposed daily to the harsh external elements would benefit from this twice-a-week paraben-free mask, which reduces redness via a rich blend of natural extracts that include cordyceps. Other active ingredients pitch in to revitalise the dermis, restore its luminosity and form a protective barrier against future flare-ups. **HOW MUCH** \$72, available at Origins counters, www.



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Scientifically found to increase oxygen levels to the brain, the earthy and slightly sweet scent of vetiver root is the essence of this luxurious body treatment. It's further enriched with antioxidantrich black tea extract and moisture-restoring squalane, shea butter and vitamin E. Apply after a steamy bath or shower when your pores are wide open and ready to reap the lotion's hydrating benefits. **HOW MUCH** \$43, from Kiehl's stores, www. kiehlstimes.com



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Formulated for normal to dry skin, this daily exfoliator preps the dermis for further pampering by de-flaking and smoothing its outermost layers. In the meantime, your pores get unclogged and excess oil is sloughed away. What's more, the fragrance-free and allergy-tested formula is also kind to your face. **HOW MUCH** \$36, available at Clinique counters. www.clinique.com.sg



Kyoku For Men Pore-reducing Serum Visible pores on your mug are roadblocks to smooth skin. Fortunately, there's a way to close them up for good. This formula contains an activated marine algae complex, which serves as an antiinflammatory to stop cellular signals that lead to large pores and blackheads. Japanese liquorice root and Eijitsu rose extracts further your cause – they promise to improve pore metabolism and skin elasticity. HOW MUCH \$65, available at What He Wants, www. whathewants.com.sq



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Office? Fear not. "The rules are changing as to what's business-appropriate," says barber Mike Sposito (@barbercide). "Your look doesn't have to be boring." The trick is finding a cut that's versatile enough to be corporate during the week and casual on the weekend.

Instead of asking your barber for a high and tight, try keeping some flair and ask for a low fade with a No. 2 on the sides, blending up to an inch in length near the crown. "It's an upgrade to a classic businessman's cut," says Mike. On top, keep 8cm to 12cm in front and ask the barber to cut your hair progressively shorter towards the back, so the hair up front is twice as long as the back. "That way, you'll be able to style it in any direction including straight back - without having too much hair in the way," he advises.



DOUBLE-DUTY DO

At the Office

Use a 20-cent-size dab of pomade and apply it to damp hair starting at the crown. Then comb your hair the direction it naturally grows. (Check your crown to see which way the follicles point.) Finish it off by combing back the front at a 45-degree angle in the same direction as the rest of your hair.

On the Town Blow-dry your hair

SHAVE

straight back until it's mostly dry. Then work a 20-cent-size amount of a no-shine texture paste into your mop. Use your fingers to pull up and twist small strands of hair - no wider than a pencil – to add texture. Use the hair dryer again, holding it about 30cm away, to add height and finish off the look.



MANAGE YOUR MUG

Level 1 Scruff

To maintain a beard that's about half the width of your pinky, trim it twice a week on a No. 2 setting, says Mike. Go over your neck with a No. 1 guard so the beard tapers off instead of ending abruptly. Blend your beard into your sideburns or hair with a No. 3 setting. Without a guard, edge above the beard around your cheekbones and clean up any strays. Lastly, shave from the Adam's apple down.

evel 2 Clean-shaven

Trim your beard to the thickness of a 10-cent coin on a No. 1 guard and leave it for a week to soften any tan line, says Mike. Use a facial scrub to remove dead skin. "Those around the

follicles can build up, leaving dandruff," he says. Massage in preshave oil to help the razor blade glide, and apply a coat of shaving gel or cream iust not aerosol foam, which can dry your skin.

Level 3 Baby's-butt Smooth

Using 5cm strokes, shave in the direction your hair grows, rinsing the blade after each pass. Want a closer shave? Go across the grain. "Keep in mind that hair changes directions, especially on your neck," says Mike. Finish with cold water to close your pores, and then apply an alcoholfree aftershave and a moisturiser.



EAN-UP

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SCARY WE THINK OF SLEEP AS A SAFE HAVEN. ACTUALLY, IT HOLDS AS MANY DANGERS AS THE REST OF OUR LIVES (MAYBE MORE). SLEEP The third of our lives that doesn't place of the part we miss out on a swe give we arrive to the part we miss out on a swe give we arrive to the part we miss out on a swe give we arrive to the part we miss out on a swe give we arrive to the part we miss out on a swe give we arrive to the part we miss out on a swe give we arrive to the part we miss out on a swe give we arrive to the part we miss out on a swe give we give the part we miss out on a swe give we give the part we miss out on a swe give we give the part we miss out on a swe give the part we give the part we miss out on a swe give the part we miss out on a swe give the part we miss out on a swe give the part we miss out on a swe give the part we miss out on a swe give the part we give the part when the part we give the part we give the part we give the part when the part we give the part we give the part when the part we give the part we give the part when the part we give the part when the

around our oblivious, snoring selves. Sleep is a mystery. Which is why so many researchers are busy digging into it, working late in their labs as others snooze.

According to a standard textbook in the field, sleep is "a reversible behavioral state of perceptual disengagement from and unresponsiveness to the environment". In other words, you close your eyes, you're out of it, you wake up. Simple.

Or not. It turns out that all three stages of that scheme are fraught with complications.

WIDE AWAKE



One of the most common problems that can complicate sleep is not being able to. Nearly a third of us routinely have trouble sleeping; about 40 per cent of us have a hard time staying asleep at least a few nights a week. Many of us spend the occasional night watching the clock creep on into the bleak hours, waiting for sunrise. But insomnia isn't just a rotten way

to ruin a night and the day after; it's also really bad for you.

Insomnia comes in a variety of forms: sleep-onset (can't fall asleep), sleep-maintenance (can't stay asleep), sleep-offset (early morning awakenings) and non-restorative sleep (persistent sleepiness despite adequate sleep duration). Some people suffer from a combination of the four.

No matter which part of the night finds you staring into the darkness, the real risk with insomnia is what happens to you the day after: drowsiness, fatigue, irritability, slow thinking and difficulty functioning in social or work situations. In fact, sleep deprivation could eventually make you demented. Neuroscientists at the University of Rochester in the US have discovered that during sleep (in rodents, at least), drainage channels open up in the brain, allowing it to clear waste products that have been implicated in the development of a variety of neurological disorders, including Alzheimer's disease.

Protecting our brains from harm may be one answer to the fundamental question: Why sleep at all?

SNOOZE THEORY



Sleep, according to one hypothesis, down-regulates your metabolism so your body has a chance to repair the DNA damage done by all those free radicals churned up during the day. This may partly explain why your risk for a multitude of diseases goes up as your sack time goes down.

Experiments with zebrafish (yes, fish sleep) have suggested that we also sleep to replenish our energy stores. Our cells use a molecule called ATP to fuel almost everything they do. Burning ATP produces adenosine as a waste by-product. If you give adenosine-blocking drugs to zebrafish, they become insomniacs. Boost their levels of adenosine? Sleepy zebrafish. It seems sleep may be a response

to accumulated emissions from our cellular power stations, signalling that the cells have exhausted their fuel supply for the day and need to shut down in order to refuel for tomorrow.

The theory that has received the most attention in recent years has to do with the role of sleep in human learning and memory. The sleeping brain isn't the quiet place you might think it is. While you're seemingly dead to the world, parts of your brain are working overtime, replaying the events of the day. Evidently, this repetition allows your brain to consolidate experiences into long-term memory. Failure to accomplish this consolidation is one reason why you're so foggy after a sleepless night. And it's another reason why those allnight college cram sessions rarely yielded an A.

Sleep also seems to be necessary for motor learning. Any motor skill you practised the day before – whether it's keeping your slice under control or learning how to flip an omelette – isn't going to stick if you can't conk out. Rehab after brain injury is similarly dependent on regular zzzs.

From lowering your handicap to recovering from one, the reasons for sleeping are numerous. It's no wonder our bodies demand that we dedicate so much of our lives to this strange process – and do so in a



manner that leaves us exposed to the occasional predator exploring our cave or the random prankster with a bowl of ice water.

THE Z-DROUGHT



Sleep deprivation may not be a disease, but it can kill you anyway. Self-inflicted sleep deprivation is common, and in a lot of cases the cause is our jobs. Shift work is especially toxic. Whether the job is at an all-night supermarket or a missioncritical server farm, work keeps

many people on schedules so far out of sync with their internal clocks that they never sleep enough to allow them to think straight and maintain their health. Even for day workers, the combination of job stress and excessive interconnectedness has made it harder and harder to keep work out of the bedroom. Nothing will wreck a night's sleep like reading a cranky e-mail from your boss just before you turn out the light. Of course, your boss will sleep better after sending it.

The things we do in an effort to relax don't help. Much of the programming we view on the hundreds of cable channels available 24-7 is punctuated by loud explosions, artfully

generated tension, jittery jump cuts, and other forms of cognitive and dramatic violence. These are not what your brain needs if it's planning on sleeping anytime soon.

And it isn't just the programming: All that light in your face actually resets your internal clock, tricking your brain into thinking it's 7am when it's really only 1am. The number of people watching television in bed seems to be on the decline - but only because we're streaming video, monitoring our social networks, or catching up with work-related e-mail on our tablets and phones instead. And the blue light emitted from these devices, combined with the tendency to hold them close to

our faces, means the effect may be even stronger.

Add to this the increasing consumption of caffeine in the form of energy drinks, as well as the prevalence of alcohol use (which causes sleepmaintenance insomnia), and it's not surprising that we can't stop yawning.

So what else is keeping you awake?

→ Stress. Day-to-day worries can lead to that can't-shut-it-off sensation that quickly takes on a momentum of its own. And serious life events - death in the family, job loss, divorce - can leave anyone unable to sleep for weeks after the fact. Because stress has a physical component, you need to learn to



PEOPLE WITH A NEUROLOGICAL CONDITION THAT **KEEPS THEM** FROM ENTERING **REM SLEEP WILL DIE NOT FROM** LACK OF SLEEP, **BUT POSSIBLY** FROM LACK OF DREAMS.

relax. This is something most of us are bad at: If you can't go completely limp on command (try it - it's harder than you think), take it one muscle group at a time. Start with your toes. Stop cranking them into some position they don't want to be in. Next, your ankles. Same deal here: Let your feet fall where they will. Move on up through calves, thighs, and so on. By the time you get to your head, the big muscle between your ears will be out for the count.

Depression. If you repeatedly wake up at two or three in the morning feeling overwhelmed about the future or stewing about things you wish you had or hadn't done, you could very likely be depressed. Other

psychological conditions, especially post-traumatic stress disorder, also disrupt sleep. See your doctor: Treating your mood will help you sleep better. You might even find that insomnia was the cause and effect of your depression.

- **Medication.** Many prescription drugs (for blood pressure. inflammation and even some antidepressants) can disrupt your sleep. If you suspect meds are robbing you of rest, talk to your doctor. You may be able to get away with a lower dose or switch to a different prescription.
- Nicotine. The chemical that keeps you smoking deserves its own dishonorable mention, primarily because people are often surprised to hear that it's a stimulant. And yes, it can keep you awake at night. Do you need another reason to quit?
- **Pain.** Transient pain, like the sore throat that comes with a cold or the sensitivity of sunburned skin, causes most of us a restless night now and then, but chronic pain can make sleep

just a dream. If you're over 40, you may start to find that a backache wakes you up hours before you're ready for the day. It's called osteoarthritis. Extendedrelease acetaminophen is made precisely for low-grade chronic pain that might be keeping you awake (but, as always, consult your doctor before using this or any other medication, especially on a regular basis).

- Late-night snacking. Nobody knows if a belly full of food will give you nightmares, but a good case of heartburn is nightmare enough for most people. Best to stop eating two hours before you go to bed, or longer if the snack is especially fatty (chips, for instance) - it takes your stomach much more time to process fats than protein or carbohydrates.
- Exercise. While a good workout earlier in the day can be the best guarantee of a steady production of zzzs that night, exercising late in the evening will do just the opposite. It's hard to sleep when your metabolism is all cranked up and your core body temperature is elevated. Keep up the good work - just aim to finish at least three hours before hitting the hay.

THE STAGES OF SLEEP



Our understanding of sleep has evolved over the past century, beginning with the discovery that sleep has its own architecture, moving from one level to another in a predictable pattern. Sleep begins in stage 1. This is what you experience as "nodding off": Half awake, half asleep, you lose control over the focus and direction of your gaze, which moves more or less randomly. It's at this stage that you might sometimes experience hypnic jerks - whole-body spasms of

muscle activity, possibly accompanied by the sensation of falling that can snatch you back from the brink of sleep. Hypnagogic hallucinations hearing conversations that you can't quite understand - are benign phenomena that can happen at this stage as well.

As brain and body settle into stage 2, sleep deepens, even as brain activity on the electroencephalogram (EEG) begins to show brief bursts of high-amplitude waves. By the time you reach stage 3, you're oblivious to the world around you, able to sleep through things that would break you out of lighter sleep. If you're going to go sleepwalking, this is when you'll do it. Relatively common among children, sleepwalking persists in 3 to 4 per cent of the adult population. Episodes can be brought on by anything that disrupts the normal architecture of sleep, including fever, excessive physical fatigue, sleep deprivation and the use of sleep aids. Popular opinion to the contrary, it's all right to wake

THE WAKING DEAD

A FEW NIGHTS OF POOR SLEEP NEVER KILLED ANYONE, BUT A FEW MONTHS OF TOSSING AND TURNING MIGHT. PEOPLE **DEALING WITH INSOMNIA ARE AT** GREATER RISK OF DYING OVER A GIVEN PERIOD, THAT'S BECAUSE CHRONIC SLEEP DEPRIVATION SETS YOU UP FOR A HOST OF HEALTH PROBLEMS, INCLUDING...

CONDITION	TIMES INCREASED RISK
CANCER	1.4
PNEUMON	1. 5
DIABETES	1.7
(HEART ATT	TACK 2.3
HYPERTEN	3.5
DEPRESSIO	on 4.0



somebody up – especially if they're attempting something risky, like climbing stairs or driving.

Even though you're close to comatose during stage 3, the parts of your brain that process visual stimuli begin to reactivate. This is the prelude to rapid eye movement (REM) sleep, where dreams are made. Without REM sleep, the memory processing and consolidation that may be the most important functions of sleep don't happen nearly as efficiently. We know, for instance, that people whose

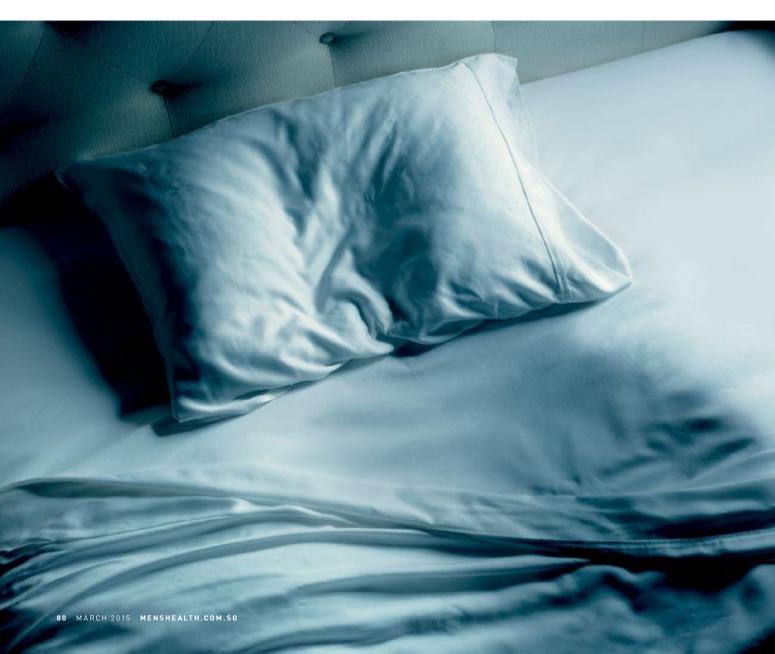
sleep is interrupted before they're able to accumulate adequate REM time will score lower on tests requiring them to recall events of the previous day. Experimenters have deprived people of REM sleep by waking them as soon as their brain waves showed that they were entering it. After a few nights, these people began to grow anxious, paranoid and eventually delusional, hallucinating as if in an attempt to dream with their eyes open. People with a neurological condition that keeps them from entering REM

sleep will die not from lack of sleep, but possibly from lack of dreams.

REM is the hardest stage of sleep to wake from, perhaps because our attention is otherwise engaged behind our twitching eyelids. In REM sleep, our brains become so active that the EEG makes it look like we're awake. While your brain is busy processing and storing information, your metabolism ramps up. Pulse rate, respiratory rhythm and blood pressure, suppressed in the earlier stages, start to climb.

Even as your autonomic nervous system activates, your major muscle groups are actually paralysed, containing all of this inner activity in a deceptively inert body.

That paralysis has its uses. Ask anyone who has ever shared a bed with someone with REM behaviour disorder (RBD), a breakdown of REM paralysis. It's called a behaviour disorder because the dreamer acts out whatever he or she is dreaming. Sleeping with someone who's doing this is not safe. Injury from the person's flaiting limbs is



common. The dreamer is not immune from injury either. Fortunately, RBD is relatively rare, affecting only one in 200. Men develop it about nine times as often as women do.

After REM sleep, we return to stage 1. From there, the cycle repeats, several times each night, from stage 1 through 3 to REM and back again, spending more and more time in REM with each cycle. This is why when something happens to wake you in the early morning, you're often in the middle of a dream. It's at such moments

that REM paralysis can sometimes persist, lingering for a few moments after waking: You're fully awake and unable to move a muscle for a few seconds. About 8 per cent of people will experience at least one episode of sleep paralysis in a lifetime.

Some of the odd things that happen while the lights are out go on all night, more or less independently of sleep stages. Among the most common of these parasomnias are restless legs, which affects about 1 in 10 people. Most people with restless legs say it's "a crawly sensation" that starts not long after they lie down, accompanied by a powerful urge to get up and walk around. Movement relieves the sensation temporarily, but it returns as soon as the sufferer is back in bed. You can imagine how tired you'd feel after a night of this. If you've been hearing more about the condition recently, it's probably because drugs are now approved for its treatment.

BREATHING WOES



Published figures suggest that nearly 15 per cent of adult men suffer from obstructive sleep apnoea (OSA). The actual prevalence may be even higher. OSA happens when the muscles in the back of the throat relax so much that the airway actually collapses during inhalation, effectively cutting off the supply of oxygen for long seconds at a time. In response, the sleeper stirs, not enough to come fully awake, but awake enough to force a breath through the obstruction with a loud snore.

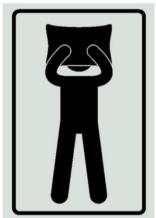
Those arousals can occur hundreds of times a night. The sleeper doesn't remember them, however. All he knows is that despite what seemed like a full night's sleep, he's sleepy all day - sleepy enough to nod off in a meeting or at the wheel of a car. Worse, low oxygen levels throughout the night, if allowed to go on for years, can lead to pulmonary hypertension, heart failure and early dementia. They can also contribute to obesity and hypertension.

Because the condition is potentially dangerous (and treatable), you should have a sleep study if you find yourself frequently having trouble staving awake during the day - especially if you've heard complaints about snoring. Treatment is to keep the airway open by providing continuous positive airway pressure (CPAP) pumped through a tight-fitting facemask strapped onto your face. The mask may look a bit like the parasite in *Alien*, but surprisingly, most people sleep so much better on CPAP that they learn to like the thing.

Even if your legs behave and you're not out wandering the neighborhood in your jammies, sleep can still remain the one part of your life that can feel totally beyond your control. But it isn't really that different from the rest of the 24. The common problems and their commonsense solutions, like avoiding late-night TV and managing stress, all add up to another aspect of hygiene - the habits we try to work into our daily lives to keep us strong and healthy can work for us at night as well.

Mind you, there are no guarantees. Even the healthiest of us hits the 3am wall every now and then. What should you do when that happens? My advice (and that of most experts in the field): Don't fight it. The longer you lie there tossing, the less sleepy you'll be. Get up, go to another room, and do something sedentary and dull.

I recommend the poetry of John Dryden. It hasn't failed me yet.



DO I NEED A SI FFPING PILL?

SHORT ANSWER: PROBABLY NOT.

Sleep disturbance is usually situational and transient. If it's chronic, it's either a matter of poor sleep hygiene or a symptom of an underlying medical problem. Sleeping pills can't help in either case. They can, however, create new problems. Most overthe-counter types are based on compounds that degrade your performance the next day and can cause difficulty urinating, constipation, tooth decay and erectile dysfunction, among other things. With prescription sleep aids, there are even reports of people engaging in dangerous activities in their sleep - such as driving - under the influence of those meds. With long-term use, any sleep aid, whether it's physiologically addictive or not, can cause a behavioural dependency that can turn you into a chronic insomniac. Bottom line: Avoid these meds unless a doctor who specialises in sleep disorders prescribes them.

POWER LIST*

Music To Your Mood

GET THIS: B&O Beosound Moment.

READY FOR: The moments you need a soundtrack to your life. This player boasts an intelligent and intuitive wireless music system that integrates your music collection and services into one. Its Intelligent Patternplay adapts to your listening patterns, and suggests music or radio programmes that fit with the relevant day of the week and time of day. It even memorises your preferences and makes your listening experience familiar and explorative.

THE BEST PART: The top of the Beosound Moment has a detachable and double-sided interface. One side is an elegant aluminium interface, while the other is a wooden one. Simply gorgeous.

COST: TBA, available exclusively at Bang & Olufsen Grand Hyatt showroom.





Business Buddy

GET THIS: Asus Asuspro BU 201 i7. READY FOR: Work travel that's a mix of plush hotel rooms and outdoor activity. This high-performance, 12.5-inch ultra-portable notebook employs tough, lightweight carbon fibre in its construction to give it formidable strength, while still weighing just 1.27kg. THE BEST PART: Its bright and clear 12.5-inch display has an anti-glare coating to reduce distracting reflections, which is a real boon when using it outdoors.

COST: \$2,298, available at Harvey Norman.



Power-up Platform

GET THIS: Twist world charging station. **READY FOR:** The moments you need to charge everything... five minutes ago. It powers up to four electronic devices with powerful 4.0-amp USB ports from just one electrical outlet. THE BEST PART: Mac users will be chuffed - the design of this COST: Starting at \$49, at all major tech stores.

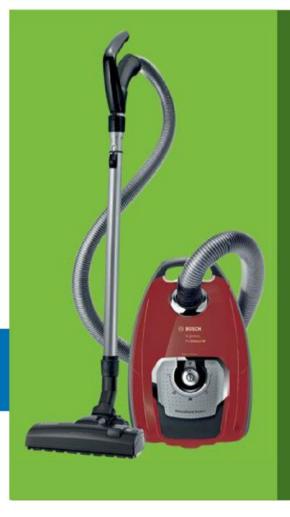


Leggy Pleasure

GET THIS: Osim uSqueez Air.

READY FOR: When your legs are absolutely killing
you. Osim's new offering is actually a pair of massage
boots that provides strong yet soothing kneading for
stressed and tensed lower limbs. Leg rollers knead
your calves and feet into a state of blissful relaxation.
THE BEST PART: Most massage gear look a bit grotty.
But with its minimalistic design, the uSqueeze Air
won't look out of place in any home. It's also
fairly lightweight and portable at 5.6kg,
in case you want to move it around.
COST: \$428, available at all Osim outlets.





House Hubby

GET THIS: Bosch In'Genius Prosilence vacuum cleaner. **READY FOR:** When you're trying to clean the house without waking up the baby. It's almost unbelievably quiet. At only 59dB, it makes less noise than any other bagged vacuum cleaner on the market, thanks to its new Silence Motor, which is triple encapsulated with elastic support, and boasts innovative insulating materials and optimised airways from the nozzle all the way to the exhaust areas.

THE BÉST PART: Those hard-to-reach corners won't bother you anymore. Its radius of action of 15m means you can clean even the most remote spots without having to change sockets.

COST: \$749, available at major electronics stores.



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FOR A GREATER CAUSE CHARITY ATHLETE JAYVE GOH RUNS TO IMPROVE THE LIVES OF THE UNDERPRIVILEGED. CERTAINLY A GIRL WORTH RUNNING AFTER, EH?



92 Fitness

YOU DON'T KNOW JACKED WEIGHTLIFTING MISTAKES

TO TRAIN SMARTER, RECOVER FASTER AND MAKE 2015 YOUR STRONGEST YEAR EVER.



102 Nutrition

JUMP-START RECOVERY

YOU'VE NAILED YOUR MORNING WORKOUT. SKIP THE LUMPY PROTEIN SHAKE AND ZAP THESE HIGH-PROTEIN PANCAKES IN THE OFFICE KITCHEN INSTEAD.



100 Breakthrough

GO NUCLEAR ON THE

OPPOSITION

TARGET YOUR TORSO WITH THE ATOMIC PUSH-UP AND OBLIQUE TWIST TO INCINERATE CALORIES AND DEVELOP CHAMPION'S LEAGUE CORE STRENGTH. IT HURTS SO GOOD WHAT KIND OF GUY ENJOYS

PHYSICAL PAIN? ALL KINDS, IN FACT. IT'S CALLED "BENIGN MASOCHISM", AND IT MIGHT JUST BE THE KEY TO ACHIEVING THINGS YOU NEVER THOUGHT POSSIBLE.

WINNING MOVES

Outrace your opponents with these three manoeuvres from running coach Alex Hutchinson.

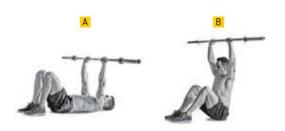
DIRECTIONS
Perform circuits A and B each week according to the schedule and instructions below.

	MON	WED	FRI		`
WEEK 1	A A		8 B		
WEEK 2	A B	B A B	B B A	OR	A A B
WEEK 3	AB	A B	A B		
WEEK 4	ВА	B A B A	ВА		

INDESTRUCT

SPORTS PERFORMANCE COACH SHANNON TURLEY'S 28-DAY TOTAL-BODY PLAN.

CIRCUIT A



BARBELL GET-UP SIT-UP

ie on the floor holding a barbell above your shoulders, with knees bent, feet flat and heels close to your butt [A]. Exhale as you raise your torso to a sitting position [B]. Inhale as you lower yourself. Too hard? Ditch the barbell



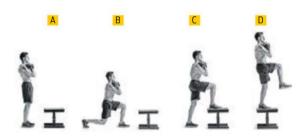
BARBELL HIP THRUST

Lie on the floor with your knees bent, feet flat and a barbell across your hips [A]. Raise your hips so your body forms a straight line from your shoulders to your knees [B]. Pause, and return to the starting position.



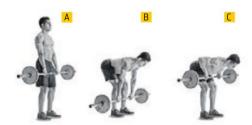
KETTLEBELL FLOOR PRESS WITH FEET UP

Lie with your hips, knees and ankles bent 90 degrees. Hold a kettlebell in each hand, with the bases facing the ceiling and your upper arms by your sides [A]. Press the weights straight above your chest [B]. Lower and repeat.



KETTLEBELL REVERSE LUNGE AND STEP-UP

Face a bench holding two kettlebells in a "bow tie" [A]. Lunge back with your right leg [B]. Step onto the bench with the same leg [C]. Push up, raising your left leg into a high-knee [D]. Do all your reps, switch legs and repeat.



BARBELL STRAIGHT-LEG DEADLIFT AND ROW

Hold a barbell in front of you with an overhand grip that's just beyond shoulder width [A]. Push your hips back and lower your torso [B]. Row the bar to your chest [C]. Lower it, return to the starting position and repeat.



Hold a dumbbell vertically in front of your chest, cupping the top end in both hands like a goblet [A]. Push your hips back, bend your knees and lower your body as far as you can [B]. Pause, and return to the starting position.

WEEK 1

Complete circuits A and B on separate days with at least 72 hours of rest between them. In each workout, repeat the circuit 3 times, starting with 10 reps per move. Subtract 2 reps per move in each successive circuit. Rest between circuits only as long as necessary.

WEEK 2

Do three workouts with a day of rest between them. In each workout, do 3 circuits in total (12 reps per exercise), alternating between A and B. In your third workout, do whichever circuit you find harder twice (BBA or AAB). Rest between circuits only as long as needed.

WEEK 3

Give each workout a focus.

Monday (load): Each circuit once, using heavy weights, 6 reps per move. Rest between circuits. Wednesday (volume): Each circuit twice, 12 reps per move, no rest. Friday (time): Circuit A, as fast as you can. Rest half that time. Do circuit B.

WEEK 4

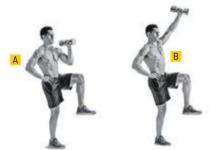
Follow the same protocol you did in week 3, but push yourself even harder this time. On your load day, use a heavier weight. On your volume day, do 14 reps per move instead of 12. On your time day, rest between circuits only a quarter as long as it took you to do circuit A.

CIRCUIT B



SINGLE-LEG STRAIGHT-LEG DEADLIFT

Hold a barbell in front of you using an overhand grip that's just beyond shoulder width. Lift your left foot [A]. Now, lower your torso until it's nearly parallel to the floor [B]. Reset and repeat. Switch sides halfway through the set.



2 SINGLE-ARM SINGLE-LEG SHOULDER PRESS
Hold a dumbbell in your left hand in front of your shoulder and raise your left leg into a high-knee position [A].
Press the weight up at a 60-degree angle [B]. Reset and repeat. Switch sides halfway through your set.



SINGLE-ARM REVERSE AND FORWARD LUNGE

Hold a kettlebell at your left shoulder and raise your left leg to a high-knee position [A]. Step back into a lunge [B]. Return to a high knee [C]. Step forward into a lunge [D]. That's 1 rep. Reset and repeat. Switch sides halfway through.



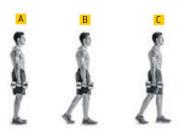
SINGLE-ARM SINGLE-LEG STRAIGHT-LEG DEADLIFT AND ROW

Hold a kettlebell in your right hand at your side and raise your left foot [A]. Lower your torso [B]. Row the weight [C] for half the prescribed reps. Switch sides and repeat



KETTLEBELL CLOSE-GRIP PUSH-UP

Assume a push-up position with your hands on the base of a kettlebell [A]. Lower your body until your chest nearly touches the kettlebell [**B**]. Pause, and push yourself back to the starting position as quickly as possible.



DUMBBELL SUITCASE CARRY

Hold a heavy dumbbell like a suitcase in your right hand [A]. Keeping your chest up and eyes straight ahead, begin walking forward [B]. Walk for 60 seconds, switch hands, turn around and walk back.



THE NO-EXCUSES MUSCLE MULTIPLIER

PRESSED FOR TIME? DO THIS QUICK TOTAL-BODY BLAST ON DAYS YOU'D OTHERWISE HAVE TO SKIP THE GYM.



HOW TO

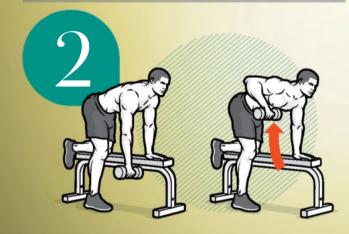
Perform the exercises as a circuit, moving from one to the next without rest. Once you've completed all three, rest 2 minutes. Do 5 circuits in total.



DUMBBELL PRESSING LADDER

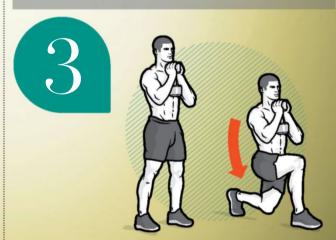
Set an adjustable bench so its backrest is vertical. Then grab a pair of dumbbells and take a seat, holding the weights just outside your shoulders, palms in. Press the dumbbells straight up over your shoulders and lower them. Do 10 reps. For each circuit, use slightly heavier weights and adjust the backrest a bit lower. For your final circuit, the bench should be flat.





KNEELING DUMBBELL SINGLE-ARM ELBOWS-OUT SUPPORTED ROW

▶ Hold a dumbbell in your right hand and place your left hand and left knee on a flat bench. Your torso should be parallel to the floor. Row the weight to the side of your chest, flaring your elbow away from your body. Do 10 reps, switch sides, and repeat.



DUMBBELL GOBLET REVERSE LUNGE

▶ Hold a dumbbell vertically in front of your chest, cupping the upper head with both hands. Step back with your left leg, bend both knees, and slowly lower your body until your thigh is almost parallel to the floor. Pause, and push yourself back up. Do 10 reps and repeat, stepping back with your right leg.

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consistency. If you don't hit the gym regularly, you'll never see results. "But consistency can work both ways," says fitness trainer B.J. Gaddour. "Science is finding more and more habits that can slow your gains or halt them altogether - from how you monitor your recovery, if at all, to which muscles you focus on or ignore." Indeed, it doesn't matter whether you're a weightlifting neophyte or a seasoned ironworker. Odds are your routine is peppered with missteps that are holding you back. In fact, we're willing to bet that the following five are among them. The more bad habits you do away with, the faster your gains will be. At the gym, knowledge is more than just power – it's strength.



YOU DON'T LISTEN TO YOUR HEART BEFORE YOU WORK OUT

Monitoring your heart rate during exercise is a smart way to gauge effort and optimise rest. But measuring your heart rate variability (HRV) between workouts can be even more effective for guiding training. "HRV is the fluctuation in time between heartbeats, and it indicates your level of recovery," says Bill Hartman, owner of Ifast in the US. Low variability means you're still recovering. High variability means you're primed for action. "And you can use where you are in that spectrum to fine-tune each workout," savs Bill.

DO THIS Before you hit the gym, use an HRV tracker like the Jaybird Reign (US\$199.95, or \$266, jaybirdsport.com). There's also Bioforce HRV (from US\$198, bioforcehrv. com) - it uses a chest strap to send HRV data to your phone. The data is then analysed by the Bioforce app. "It tells you if you should go hard, go easy or skip the gym," says Bill.



"Fitness-minded guys often undereat on purpose, thinking it will help uncover their abs," says Men's Health nutrition advisor Mike Roussell. "Or they unwittingly develop a calorie deficit while attempting to eat more healthfully." Either way, the result is the same: "Not eating enough slows your metabolism and makes it easier for you to

overtrain because you don't have enough nutrients to fuel recovery," says Mike.

DO THIS "For two weeks, add 150 to 300 calories (a handful of almonds or a protein bar) to your daily diet," says Mike. "After two weeks, add another 150 calories a day and stay there." The gradual increase will help you gain muscle, not fat - especially if the bulk of the additional calories come from protein. (Thirty grams with each meal is ideal, say researchers at the University of Texas.) Mike also recommends buying a bathroom scale that measures body fat. "If your body fat increases by a percentage point, calculate your current calorie intake using any of a number of smartphone apps. and remain at that level. Don't add any more calories to your diet," Mike adds.



YOU IGNORE OUR GLUTES Strong glutes are useful for more than just filling out a pair of jeans; they're the strongest link in your body's posterior chain, the string of muscles running along your backside that drives acceleration and generates explosive power. "Deadlifts and squats activate your glutes indirectly," says Bret Contreras, the author of

Improvising exercises or doing extra sets can leave you too exhausted. It's why so many guys never progress.



Body-weight Strength Training Anatomy, "But doing exercises that target those muscles directly will hit them more thoroughly, helping you crush more calories and boost total-body power." That will translate to greater strength and performance both inside the gym and beyond it.

DO THIS The hip thrust. Recent research by Bret found that this exercise activates the glute muscles to a greater degree than any other lowerbody move. "You're not limited by the strength of other muscles, like those in your back, as you are with squats and deadlifts, so you can use more weight," he says. "Plus, your glutes are under constant tension, maximising their arowth stimulus."



YOU SKIP CARDIO Hang around the weight rack long enough and you'll hear guys talking about the "interference effect" - a bro-science term referring to cardio's supposed inhibitory

influence on muscle building. Ignore those guys. The weight of scientific evidence suggests otherwise. A recent study in the Journal Of Applied Physiology found that cycling for 45 minutes, in addition to resistance training, resulted in a 14 per cent increase in leg muscle volume. Doing strength training alone – without cardio - resulted in a gain of only 9 per cent.

DO THIS Follow the cyclists! Three or four times a week, either a few hours before a strength session or on a separate day, do at least 30 minutes of moderate- to highintensity cardio on a track, treadmill, rower or spinner. "That will jack up your musclebuilding hormones," says Matt Harber, an associate professor of kinesiology at Taylor University in the US. "Aerobic exercise activates growth pathways in the muscle about as much as resistance exercise does, and doing both types of exercise – separated by a few hours – appears to have an additive effect on muscle growth."



YOU IMPROVISE Men who follow fitness programmes, whether with a trainer, magazine or book, often tinker with what's being prescribed. "Guys just can't seem to help themselves," says Dan John, the author of Mass Made Simple. "They add more sets or exercises, hop over to another programme when they don't see results in a week or two, or do additional workouts on days they should be resting." Trainers call it "exercise ADD", and the result is often a training plateau. "Improvising exercises or doing extra sets or workouts can leave you too exhausted to succeed with the programme at hand," says Dan. "It's the primary reason why so many guys never progress."

DO THIS Stay the course. "Most programmes last about six weeks - and the key to success is making it all the way to that sixth week," says Dan. Follow the programme with a friend, or make sure an incentive or goal is waiting for you at the end. Bored with a particular move? Ask a trainer to show you a different exercise that replicates the same movement pattern.



IT HURTS SO GOOD

WHAT KIND OF GUY ENJOYS
PHYSICAL PAIN? ALL KINDS,
IN FACT. IT'S CALLED "BENIGN
MASOCHISM", AND MIGHT JUST BE
THE KEY TO ACHIEVING THINGS YOU
NEVER THOUGHT POSSIBLE.

■ TEXT BEN PAYNTER
■ PHOTOGRAPHS JAMES WOJCIK

ur response to painful things is largely automatic:
Our central nervous system assesses a threat and pumps out feel-good hormones to keep us functional during the assault. The call and response of pain and pleasure – intense sensation followed by

euphoria – is so rewarding that it's no wonder people go to great lengths and travel many kilometres to seek it out.

You've probably experienced it, too. For endurance athletes with shaking, fatigued muscles, this biochemical benefit is the much-heralded runner's high. After about 30 minutes of intense exercise, specialised cells release endorphins and anandamide, two mood-enhancing chemicals, into the bloodstream to relieve those aching legs. You've received a hormonal assist.





but-high feeling through the controlled administration of various severe-pain stimulations. Basically, we want to feel as if we're living on the edge; we just don't want to die there. The term for that is "benian masochism". It was coined by Paul Rozin, a psychologist at the University of Pennsylvania in the US, who last year began teasing out exactly why we find these strange obsessions so attractive.

In a recent paper in the journal Judgment And Decision Making, Prof Rozin surveyed hundreds of people to find out how their favourite affliction-asenjoyment agitators stacked up. The stuff of Fear Factor ranked high, but the overall winner was more surprising because it requires actual effort: true physical exhaustion. What's more, benign masochists don't like to be just a little burned, scared or wiped out. The majority, mostly men, seek the level just below the threshold at which the pain becomes intolerable.

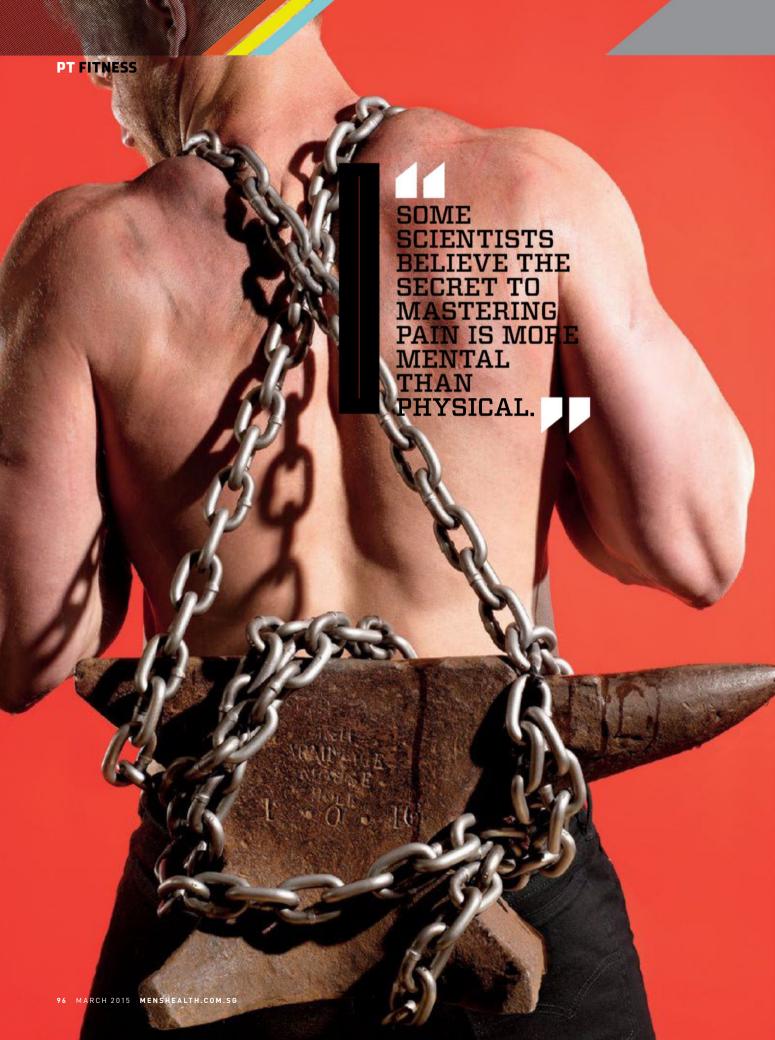
Chilli lovers do that without actual exertion. If you create enough of an "ouch" moment, your cells will pump out a cocktail of adrenalin, endorphins and dopamine to promote calm and help you function until the unpleasantness passes. You know that the fiery nuking of your mouth is only temporary, but your central nervous system doesn't. It senses the burn and reacts.

The same thing happens with psychologically alarming situations. Your conscious

mind doesn't wait to find out why you're terrified: You could be about to fall off a tall building to certain death. Or you could just be strapped into a roller coaster designed to crank up the panic by slowly, ominously climbing a steep ascent – click, click, click – towards a screaminducing plunge.

Which means your reward responses can be hacked.

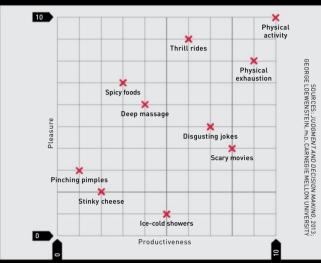
In this modern age, men seem obsessed with finding extreme yet paradoxically safe ways to induce that hurtingTHE PARADOX OF PAIN: WE WANT TO FEEL LIKE WE'RE LIVING ON THE EDGE. WE JUST DON'T WANT TO DIE THERE.





THE PRODUCTIVE-PAIN SCALE

IF YOURE GOING TO TRADE AGONY FOR PLEASURE, YOU MIGHT AS WELL MAKE THE BENEFIT LAST.



That leaves modern masochists at a crossroads: You can pinch pimples, eat stinky cheeses or take ice-cold showers for an easy, ecstatic feedback loop. Or you can work harder, inviting pain through exercise in pursuit of a legitimate reward.

"I don't like it when my body is physically aroused and my heart is pounding," says Prof Rozin, 78, as he relaxes in a recliner at his campus office. "There are exceptions," he deadpans, "like sex."

But some scientists believe Prof Rozin hasn't taken his thesis far enough. They argue that the pain of exhaustion, much like the odd zing from listening to gross jokes or enduring a deep-tissue massage, is just another mindover-body challenge to be conquered. Push yourself further than you ever imagined, the new argument goes, and you could reap even greater

rewards than a mere high.

Embracing pain in pursuit of tangible gain is an age-old practice. Paleo hunters risked being gored, dismembered and even dying in pursuit of big, dangerous game. But if they succeeded, they scored the most meat. Provider status led to more sex partners and offspring, which meant risk-survival genes are passed down the generations.

We're not eating mastodons for dinner anymore. But evolutionary theorists tell us that even as societies became more agrarian, another outlet for pain seekers emerged – close-quarters combat. Every society, from the ancient Roman Empire to the modern Western world, has sent men into battle, each with his own fight-or-flight complex. Aside from the physiological payoff, survival was its own reward.

After technological advancements brought

TRADING PAIN FOR PLEASURE: A TIMELINE

Men no longer hunt mastodons. Here's what we do instead.

1846

The world's first verticalloop roller coaster is built in Paris. The French cry: "Je vais vomit!"

1912

Wilbur L. Scoville devises a way to measure mouth burn. "Japan chiles" earn a respectable 20,000 SHU.

1975

Jaws, still the secondhighest-grossing horror flick of all time, makes men

1978

The Ironman Triathlon in Hawaii launches with just 14 competitors. Last year, it drew 2,197 athletes.

1987

The hellishly hot 234km
Badwater Ultramarathon slogs
through (where else?) Death
Valley in California.

2000

Bhut Jolokia – the aptly named Ghost Pepper from India's Tezpur region – registers 855 000 SHU

2004

Sawstrikes gold with gore horro that spawns six sequels, proving that gross-out can gross big.

2010

The first Tough Mudder challenge tests our primal fears More than 100 events have since been held.

2012

The Carolina Reaper pepper ups the torch-power ante at an excruciatingly torrid 1 549 300 SHII

2014

The Guinness World Records presides over a Reaper eating contest. Only eight people are willing to risk it.

soldiers back from the front lines, these theorists say, men began seeking recreational (benignly masochistic) ways to suffer and survive. Today, there's Tough Mudder. This largely male event uses endurance obstacles with names like "Electroshock Therapy" to bring on the fear and actual pain of being zapped by live wires, and "Walk the Plank" to tap into the terror of cliff jumping from way too high.

More than 1.3 million people have paid to endure Tough Mudder since the series launched in 2010. The goal, says CEO and co-founder Will Dean, was to meet men's more "primitive" urges: "I think it's fascinating that modern life, for all its comforts and perks, creates an itch we need to scratch."

At some point we all hit the wall, the supposed limit to what we can physically achieve. We are out of breath. Our muscles burn. We need to stop – now. But what if we didn't stop? What if these painful symptoms were actually signs that we're finally making progress towards our goals? Wouldn't we seek more of that sort of pain? Shouldn't we?

Researchers have a problem studying peak exhaustion: Asking athletes to go to potentially harmful extremes for the sake of science isn't ethical. The closest approximation happens in the lab of Timothy Noakes, a professor of exercise and sports science at University of Cape Town in South Africa. His workspace features a sealable chamber outfitted with exercise bikes, treadmills and climate controllers that can mimic

any heat and humidity combination imaginable.

Over the past decade, Prof Noakes has asked hundreds of runners and cyclists to hop on treadmills or stationary bikes inside his climatic test tube. He outfits his human lab rats with heart rate monitors, electromyography cuffs that can track the power output and electrical activity of core muscle groups, and rectal thermometers to measure core body temperature. As if the anal probe weren't enough, Prof Noakes jacks up the environmental harshness and plays psychological tricks.

When your surroundings are hot or the air is hard to breathe. your central nervous system cues its own anticipatory response. Athletes involuntarily slow down, claiming to be in distress despite normal vital signs.

Prof Noakes challenges them in other ways, too. In some cases, he'd tell runners to run 5km and then, as they near the finish line, ask them to keep going. Many weren't prepared for that mentally, so they would claim to be exhausted. When they continued on, however, they experienced no precipitous drop in performance.

Evidently, perceived effort depends on a subjective

appraisal of pacing. But most of us can still be tricked into giving more despite the pain. Since 1996, Prof Noakes has combined this data to refine the controversial "central governor theory". Essentially, it states that we all have a subconscious pain threshold that is more emotional than physical. Chilli eaters can withstand the assault because they know the pain will pass, leaving no permanent damage. The same may be true of physical exhaustion: You can endure way more than you think, for an even longer time, and live to brag about it later.

Eduardo Fontes, an exercise professor at Catholic University of Brasilia, has worked with Prof Noakes to develop an ergometer, a stationary bicycle wired to a load generator and an MRI machine. As physical effort ramps up, Prof Fontes notes, activity decreases in a person's frontal lobe, the brain's command and control section. At the same time, it increases in the central limbic region - emotion central. So when we're physically stressed, we are less rational and more emotional. If an athlete allows his emotions to overwhelm him during a long run, he'll fail. If he can remain rational and work through the exertion, he's YOU CAN ENDURE WAY MORE PHYSICAL XHAUSTION NGER THAN YOU THINK.

more likely to keep going.

For at least one athlete. embracing the central governor theory has paid off. In 2008, Ryan Sandes, a surveyor from Cape Town, entered the Gobi Desert run, a seven-day, 248km race through one of the hottest regions on earth. Ryan had no specialised training. In fact, he'd run only one marathon, which he barely trained for. But he knew Prof Noakes' work and believed in himself. So he hit the trail. Ryan won his debut event in the Gobi and went on to claim top finishing spots in the other four Deserts Race Series events, which include crossings in the Sahara, the Antarctic and Chile's Atacama Desert. Now a pro. he invents his own

ridiculously uncomfortable challenges to test himself.

'I know I'm going to feel like death sometimes and not want to keep going, but you can ride those moments out," he says. 'If you can hold it together mentally, then physically you'll be okay. You realise you can deal with this. Your body will be fine. Just keep running.

That makes sense to Prof Noakes. "Discomfort is in your mind. It has nothing to do with reality," he says.

In the armed forces, being all you can be requires maintaining this kind of mental control in the face of pain. According to a commando who helps run the selection processes for the US Special Forces and wishes to remain

NO PAIN, HUGE GAINS There's no such thing as a minor ache at the gym. Stay off the disabled list with the help of trainer B.J. Gaddour.



► IF THIS HURTS:

► DO THIS SHOULDERS-ELEVATED BARBELL HIP THRUST

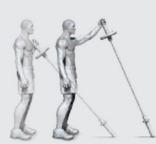
Most men lack the hip mobility to execute a deadlift properly. Hip thrusts teach you to hinge at your hips without rounding your back, which prevents injury.



► IF THIS HURTS:

DO THIS: ANGLED-BAR SHOULDER PRESS

■ It's done at an angle, not overhead, so ad, so the angled press (with the barbell's end wedged in a corner) requires less shoulder mobility and puts less stress on your joints.





TARGET YOUR TORSO WITH THE ATOMIC PUSH-UP AND OBLIQUE TWIST TO INCINERATE CALORIES AND DEVELOP CHAMPION'S LEAGUE CORE STRENGTH.

f you play frenetic contact sports such as football, strap yourself into a TRX. Workouts using the suspension training system generate masses of instability, preparing you for on-field situations where rapid reactions will see you wriggle out of challenges. And if you're looking to emulate Cristiano Ronaldo's physique as well as his sporting skill, push-ups are an unmatched strike force when it

comes to quickly adding size to your chest and triceps. The final score ensuring you're getting the best reward for your efforts? The oblique twist sculpts a solid six-pack that centres your body, on and off the pitch. You're sure to turn heads in the park when it's shirts versus skins.

YOUR POST-WORKOUT



• UNBRIDLED SPEED



• DEFINED TRICEPS



• A HIGH-DEF SIX-PACK



• MESSI-ESQUE BALANCE



COUNT IT

Shoot for 3 to 4 sets of 15 to 20 reps. We know it sounds a lot, but you'll thank us when you have to swop shirts.

4

REPEAT

Perform your next push-up with perfect form, then draw your knees up towards your left arm. It's tough, but the rhythm comes naturally after a while.



With your feet secure in the TRX straps, assume a push-up position: arms shoulderwidth apart, core braced tightly.

PUSH

Stay in control
as you perform the
push-up, keeping
your back straight.
If you're already shaking
at this point, you need to
get more practice by
doing more regular
push-ups.

CRUNCH

Draw your knees towards your right arm, then return to the starting position. And yes, you have to do another push-up now.



Just three years ago, Andrew Chua was as fit as a fiddle. In his polytechnic days, he was on the school's dragon boat and rowing teams. That changed after graduation, when he stopped exercising and junk food crept into his diet. But the real killers were partying and alcohol. "I loved to stay up late clubbing and drinking," he admits. In a matter of months, his once-defined physique had faded entirely.

THE WAKE-UP CALL

"I felt quilty at first," Andrew says of letting his fitness slide. Soon, he came to a point where he was having a hard time looking himself the mirror. It was while his selfconfidence was evaporating fast that he chanced upon the call for entry for Manhunt Singapore. "I've dreamed of joining a pageant since young, so I took the leap of faith. With auditions just three weeks away, I regained my focus."

THE PLAN

He followed an exercise and meal plan devised with the help of a schoolmate, whom Andrew credits as his fitness mentor. The plan took his past athletic endeavours into account, which meant he didn't need to bulk up.



IN 12 WEEKS." The former rower focused solely on cutting body fat. "In just 12 weeks, my body-fat

percentage fell from 18 to

8 per cent," he says, adding

that he vows to maintain his

fitness gains in the long-term.

FITNESS

Andrew trained five to six days a week. The exercises varied every month, and included both compound and isolation moves. "I'd target a few body parts on a given day, such as chest, triceps and hamstrings." He also charted his weightlifting progress for added motivation. It worked: Over the course of the plan, his 1-rep maximum for the bench press doubled from 60kg to 120kg. To fasttrack success, 30 minutes of running, swimming or boxing were tagged to the end of his workouts twice a week.

FOOD

"I adopted a calorie deficit, which was difficult at the start, as I had to eat less," Andrew recalls. However, once he had adjusted, the mechanics were simple. "All I needed to do was count my daily macro-nutrients - protein, carbs and fats - and weigh myself to ensure I was on track," he says, adding that protein made up around a third of his daily total calorie intake. For a day every week, he consumed more calories than he expended to keep metabolism high.

THE REWARD

"I used to have stage fright," reveals the 23-year-old, who eventually placed in the top 10 of the pageant. "Now, I have no problem speaking in front of a crowd - even when I'm half-naked!"

WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Soleus Tempo worth \$101.70! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos. E-mail: menshealthsg.bellyoffclub@gmail.com.



JUMP-START RECOVERY

YOU'VE NAILED YOUR MORNING WORKOUT. SKIP THE LUMPY PROTEIN SHAKE AND ZAP THESE HIGH-PROTEIN PANCAKES IN THE OFFICE K TCHEN INSTEAD.

0-2 MINUTES You might be the first to YOU WILL NEED work, but your window for protein is closing. Grab a bowl, • AN EGG PROTEIN POWDER, crack in the egg, then whisk in 1 SCOOP • OAT FLOUR the remaining ingredients with a fork until smooth. You're 4 TABLESPOONS MILK, 1 TABLESPOON • CINNAMON, almost done, believe it or not. 1 TABLESPOON 2-3 MINUTES Now take a small plate, pour the mix on ½cm thick and spread evenly into a circle by tipping the plate. Careful, now – scraping batter off the work surfaces wastes valuable minutes. **3-5 MINUTES** ▶ Blast on max in the microwave for a minute. If it's still gooey, put it in for 30 seconds more, then feed it to your starving muscles immediately. Repeat until you run out of batter for your full 30g of growth fuel. THE DATA • TIME TO MAKE 5MIN PROTEIN 30G • CALORIES • SATURATED 1.6G

WEARENO.1! CONSUMER ELECTRONICS MAGAZINE OF THE YEAR*



^{*}MAGAZINE OF THE YEAR 2013 RANKINGS, LIGHTHOUSE RESEARCH.

FOR A GREATER CAUSE

CHARITY ATHLETE JAYVE GOH RUNS TO IMPROVE THE LIVES OF THE UNDERPRIVILEGED.

he special thing about Javve Goh is not just her impressive athletic abilities – it's also her heart of gold. For every race she competes in, she raises funds and awareness for the Handcycling Association of Singapore and the Singapore Cancer Society.

The 21-year-old competitive triathlete and charity athlete takes part regularly in marathons (including ultras). biathlons and triathlons, and can easily outrun half the population with her personal bests of 41:00 for the 10K, 1 hour and 50 minutes for the half-marathon, and 4 hours and 30 minutes for the full version.

'I love the challenges that come with endurance sports, especially pushing my mental limits. Every sport requires self-discipline, and the endurance aspect sets the bar higher," she says.

'It's about embracing the discovery of my physical and mental capabilities, learning more about how much I can take, how much further I can

■ I FEEL A GREATER SENSE OF ACHIEVEMENT RAISING FUNDS THROUGH RACES.



go, or how long it takes for me to get back up again that makes me love what I do."

WHAT MOTIVATES YOU TO **RACE FOR CHARITY?**

Racing is not for self glory. Being able to improve the lives of others while doing what we are passionate about is way more meaningful than winning and getting medals.

WHAT'S YOUR ULTIMATE **OBJECTIVE OF BEING A CHARITY ATHLETE?**

I hope to shape and make a change in the mindset of all athletes in the community. It's time we do away with the competitiveness and realise that our passion can do ourselves and the community more good. I feel a greater sense of achievement raising funds through races and making the lives of the beneficiaries better. It means much more than celebrating alone on the podium.

WHAT ARE SOME **MISCONCEPTIONS OF ENDURANCE SPORTS THAT PEOPLE HAVE?**

People think that the triathlon is a sport for the rich because of the equipment. I beg to differ. I raced my first duathlon with a trusty Aleoca bike from Carrefour and came in third. That was when I realised every triathlete has his or her own strengths and weaknesses. To progress in any sport, be it in the triathlon or running, it's not about the fanciest gadgets, the flashy bikes or the swankiest shoes; it's about dedication and perspiration.

WINNING MOVES

OUT-RACE YOUR OPPONENTS WITH THESE THREE MANOEUVRES FROM RUNNING COACH ALEX HUTCHINSON.

ost running workouts focus on the goal of running as fast as possible at

an even pace. But when you're competing against other people, that's not always how it plays out. Tactics, rather than personal records, dictates the outcome of many races. Get it right and you can beat runners with best times that are better than yours. Top runners develop a variety of racing skills so they'll be ready to respond to whatever moves their

competitors make. Here are three race tactics you can use – on roads, trails or the track – to get an edge:

DRAFTING

It's not just for cyclists.
Running tucked at the back of the pack can help you conserve much-needed energy. Even on a calm day, scientists have calculated that marathoners spend about 2 per cent of their energy overcoming air resistance, and middle-distance runners spend about 4 per cent. So drafting at 2:50 per kilometre pace saves about one second per lap of the track, and more on windy days.

▶ APPLY IT You need to practise running in close proximity to other runners: almost directly behind, within 1m. To fine-tune your skills, do a single-file tempo run with at least four other people. Swop leads every two minutes by having the runner at the back sprint up to the front.

SURGING

It's a Kenyan trademark: surges that suddenly pick up the pace, and then just as suddenly slow down. The surge might last 10 seconds, or all the way to the finish line. That's why surging provides such a psychological edge – the only person who knows how long the surge will last is the one who's doing it.

► APPLY IT Surging is easy. Recovering after a surge while maintaining your pre-surge pace requires practice. Try running interval workouts with "float" recoveries that are just slow enough to catch your breath (see *Surge Power*).

BREAKING AWAY

In road and trail races, the course provides prime spots to surprise your competitors with unexpected moves. Most runners unconsciously look forward to a respite after cresting an uphill or when descending a downhill, so you can open a gap by accelerating in these spots.

▶ APPLY IT Find a hill that takes at least 30 seconds to climb and then flattens out for another 30 seconds. Three to four weeks before a race, run 6 hill sprints with a jog-down recovery. For the first 2, keep sprinting for 10 seconds beyond the crest of the hill; for the next 2, keep going for 20 seconds; for the last 2, keep going for 30 seconds.



Pavement Partners

RELIABLE RUNNING SHOES THAT YOU CAN COUNT AND POUND ON.



1 NEW BALANCE FRESH FOAM **ZANTE**

\$169, WWW. NEWBALANCE. COM.SG

It retains the plush cushioning of its Fresh Foam 980 counterpart, but sports a more fitting form and a 6mm drop (instead of 4mm) to offer a more aggressive toe spring and speedy transition through your stride. The upper construction features no-sew overlays, breathable mesh and a clean, sleek profile. This should make an excellent everyday training shoe.

2 MIZUNO WAVE RIDER 18

\$179, WWW. WORLDOF SPORTS.COM.SG 3 ASICS GT-20002 \$189, WWW. ASICS.COM.SG

Designed to maximise forward momentum, this shoe features Mizuno's proprietary Wave Plate, a piece of elastic waveshaped plastic that provides a springy ride. It's also wellcushioned with a lightweight midsole that gives you good resiliency and rebound to absorb shock when you're pounding the pavement. The breathable upper and anti-microbial sockliner completes the road-running workhorse package.

This new iteration features a pliable external heel counter that adapts to your heel to increase comfort levels and prevent injury. In the upper, eye-stays are individually reinforced without extra material to add bulk and put pressure on your feet. And the fabric offers a stretch to accommodate those with a wide forefoot. At the bottom, the multidensity midsole provides a cushioned ride with







EARABLE **10TION** CHARGER ►US\$95 (\$129), www.getampy.com

This handy gizmo turns your movements into stored energy that you can use later to recharge your phone. Its 1,000mAh battery alone may not be able to completely top up the thirstiest of smartphones, but the small, sweat-proof gadget (roughly the size of a pack of cards) is "wearable". You can clip it to your pants next to your waist, or strap it below

the 19.4cm wooden

bars as handles,

and you get a

MONKII

your knee for cycling, or on your arm or leg while running, or on your pet... The Ampy promises to juice up your devices (via USB) as fast as a wall outlet would. Speaking of which, you can also charge it from said outlet or via USB. Oh. there's a built-in activity tracker, too.

suspension training tool for body-weight exercises like pullups, push-ups, dips, flys, rows, curls and so on. The set-up will support up to 99kg. Each pair weighs less than half a kilo, allowing you to slip it into your bag for a workout later at the office, park or the trails. Talk about

jungle gym-ing.

PUMA TIME AIR II DIGITAL WATCH

▶\$118, www. aristasingapore.

Here's a no-fuss but style-savvy sports watch for a quick, casual run around the estate. It's specifically designed for active people, with a breathable and ergonomic rubber strap that is comfortable enough to wear for long-distance running. It sports an elongated rectangular face that not only enhances readability but also gives it a modern look. Not to mention, it's also light on the wrist and comes in four trendy colours: black, red, green and purple.

PRODUCTS PROMOTIONS EVENTS

LONGINES In celebration of Singapore's 50th year of independence, the Swiss watchmaker presents an exclusive limited edition watch, the GMT wristwatch from The Longines Master Collection. Housed in an 18K gold case (with a transparent case back) and powered by a self-winding mechanical movement, the timepiece bears the highlighted name of "Singapore" on its time-zone ring, with a commemorative print on the back. Available in Longines boutiques at Marina Square and Marina Bay Sands.





REEBOK The **Reebok ZPump Fusion** is a running shoe that's able to conform to any foot shape with the help of a proprietary inflatable cage. The cage surrounds the foot and moulds it for a custom, locked-in fit. This is unlike how a conventional trainer is built, which forces the foot to adhere to a rigid, factory-made last. The revolutionary shoe is also made up of just three key parts, meaning no rigid components that restrict movement in the foot. \$169, Stadium and selected Royal Sporting House outlets.

VOSTOK EUROPE Co-created by Lithuanian motor rally racer Benediktas Vanagas, the **Vostok Europe Black Edition** features a titanium black PVD case with a diameter of 47mm. Beating inside the timepiece is a 6S21 Miyota movement, with a one-hour chronograph function. The watch also boasts a screw-down crown and is water resistant to 200m. Only 500 pieces is available worldwide. \$688, available at The Watch Bureau authorised dealers.





TUDOR Imbued with the pioneering spirit of explorers, the Tudor Heritage Ranger (available in four bracelet variations) is a symbol of conquest. The domed crystal affords the watch a retro aesthetic, together with the painted (not applied) Arabic numbers on the dial. Meanwhile, the stainless steel is satin-finished, just like on the old model. Inside, the self-winding calibre 2824 is reliable and robust. Available at Tudor boutiques and authorised retailers.



POLAR

Your smart watch can also be the best fitness coach you can have. The Polar M400 integrates GPS and advanced training features onto a wristwatch. Running Index illustrates how your running performance is developing, while **Training Benefit** provides motivating feedback right after your workout. In addition, Activity Benefit offers feedback about your daily, weekly and monthly activities. Visit www.polar. com/sg-en for more

information.

TIGER BALM Its Active range of muscle rubs, gels and sprays is for the active individual who gives his best in every game. A must-have in your gym bag, the **Tiger Balm Active Muscle Spray** provides relief for your muscular aches, strains and cramps. Reach for the can especially when the clock is ticking - it's quick and easy to apply. It also acts quickly so you can go again with minimal downtime.

\$8.20, available at

major pharmacies

and selected

supermarkets.





100PLUS

Sports (or isotonic) drinks are a mainstay of runners, providing about 50 calories (or 14g of carbs) per 250ml, along with approximately 100mg of sodium and some potassium. 100Plus Edge is a noncarbonated isotonic drink that helps replace fluids and electrolytes lost during exercise. It also contains vitamins B3, B6 and B12 to restore

energy. **Available at**

supermarkets,

minimarts and

convenience stores.





PRODUCTS PROMOTIONS EVENTS

ASICS The Asics Gelfeather Glide 2 is a versatile trainer suitable for both short and fast runs, and as a race-day shoe for marathons. At 230g, it's also lightweight. The 23.5mm thick midsole cushions the foot for long hours of running, while the 10mm drop creates a propulsive posture for efficient strides. Within the midsole, proprietary technology by Asics work to increase stability for a stable ride. The innovative move to embed rubber balls in the forefoot material translates to 20 per cent greater energy return. Available at Asics stores and authorised retailers





SUNDOWN MARATHON Since 2008, this event has energised the local running scene with its concept of racing at night. For 2015, 30,000 runners are expected to take part for the third straight year, making it Asia's largest night marathon once again. It will be held on July 4 (Saturday), with the flag-off at the Formula One Pit Building. Four race distances and two race categories are available. Visit www. sundownmarathon.com for more information.

MIZUNO Designed for moderate overpronators, the Mizuno Wave Inspire 11 promises to deliver superior stability and cushioning with a shock-absorbing midsole that's 30 per cent lighter. A wave plate running from the heel to the forefoot of each shoe enables the runner to attain smooth transition in every stride. The meshed upper offers breathability, as well as stretchability in the forefoot. Stride stability is further enhanced with a heel collar. \$179, available at Mizuno concept stores and selected World of Sports outlets.





CASIO Introducing the Casio G'Mix (GBA-400), a watch for the music lover. It's Bluetooth-enabled and syncs with a smartphone, allowing the user to control the phone's music player from the watch, as well as configure settings – such as world time city, alarm and timer – from the phone via the G'Mix app. The Phone Finder feature also lets you locate your phone easily - performing a button operation on the ticker causes your phone to sound a tone even if it is on silent mode. Available at G-Factory outlets.



TISSOT

The beauty of the Tissot Chemin des **Tourelles Skeleton** of its inner workings, with details – such as scalloped surfaces – that demonstrate the fine legacy of Swiss watchmaking. This latest iteration of an early 1900s classic features a hand-wound in-house movement, anti-reflective sapphire crystal, and a power reserve of 46 hours. **From \$2,650** (three variations), available at Tissot boutiques.

LEVI'S

Ideal for the modern man's wardrobe, the new Levi's 501 CT jeans boasts a taper from knee to ankle for a flattering silhouette. The denim also sits slightly lower than the Original 501 on the waist for a more relaxed fit. It's available in four colours and washes for men. Artists Haim, Kilo Kosh and The Vaccines front the Levi's 501 CT campaign. From \$149.90, available at Levi's stores.





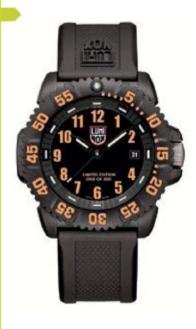
OZAKI

It's not just a phone cover; it's also a business travel mate. The Ozaki O! Coat 0.3+ Pocket (OC559) is an ultra slim, lightweight and durable phone case for the iPhone 6 that incorporates a cardholder. On its own, it's an astonishing 0.3mm thin and weighs just 10g. With a credit card slot into the case, you can even dispense with your wallet on your outings. \$29.90, available at Elush and Infinite outlets.

LUMINOX

Exclusive to Singapore, Malaysia and Brunei, the Special Edition **Luminox Gold Navv** Seal Colormark is a watch that's ideal for outdoor adventure. It's water resistant to 200m and stays readable at night, thanks to indexes and hands that glow continuously in the dark for up to 25 years without a light source. Looks-wise, the ticker flaunts gold Arabic numerals set against the matte black dial and unidirectional bezel. \$636.65, available at leading department stores and authorised

retailers.



PRODUCTS PROMOTIONS EVENTS



EVERLAST Boasting exceptional lightness and a trendy silhouette, the new Everlast M1 (\$69.90) and K1 (\$89.90) trainers are ideal for energetic gym classes. Both collections are designed with breathable mesh uppers that aid ventilation and keep feet fresh and dry. In the meantime, mobility and agility is maximised. Available at Everlast stores.

FACEWERKZ Late-night partying, long hours at work and a lack of sleep all contribute to unsightly dark circles beneath your peepers. These appear due to poor circulation and thinning skin. In many case, the home remedy of placing cucumber patches on your eyes won't be enough to reverse the effects. Try the Advance Eye Therapy by Facewerkz. The treatment improves microcirculation and strengthens collagen on the eye contour, promising quick results. \$88 (trial price), call 6423-1056 to book an appointment.





JERMYN STREET Inspired by the rich grooming heritage of a street of the same name in London, Jermyn Street is a high-end barber that embodies the spirit of this renowned address. With the ambience of an exclusive gentlemen's club, the place offers services such as a traditional English trim and shave, as well as premium grooming products from the UK. The premises are also available for corporate and private hire. Call 6220-4010 or visit www.jermynstreet.com.sg for more information.

SALOMON With elements that provide a superior traction for varied movements on multiple surfaces, the Salomon X-Scream 3D is a road-trail shoe featuring multidirectional lugs on the outsole that allow you to traverse over a variety of terrain, from asphalt to soil, without having to worry about slipping. And similar to the brand's trail offerings, this hybrid incorporates a thin polyurethane layer in the multi-density midsole for shock absorption and increased stability. Its upper also boasts a sock-like fit. \$209, available at Salomon concept stores, and selected World of Sports and World of Outdoors outlets.





PSB ACADEMY

Looking to advance vour knowledge in the field of sports science? Look no further than PSB Academy's Bachelor of Science Sports and Exercise Science, a part-time degree programme accredited by Edinburgh Napier University. It's designed to meet the growing demand for sports, exercise and fitness practitioners in Singapore and the region, and combines theory and practice in an optimum fashion. To find out more, SMS PSB←space→ **ENUSSMH** ←space → Your Name to 9010-2322 or visit www.psbacademy.edu.sg/

enu-sports.

TK TRICHOKARE At Trichokare, customers can receive comprehensive advice in managing scalp issues and maintaining scalp health, as well as highly effective treatments for hair thinning and hair loss. The therapies are enriched with minerals and vitamins that help to increase blood circulation, speed up metabolism of the scalp and regulate sebum production. Cell growth on the scalp is also naturally boosted, returning the mane to a natural and lustrous state. Call 6338-8045 or visit www. tk-hair.com for



more information.



EPN

Elite Pro Nutrition is the exclusive distributor for two sought-after workout supplement brands - Nutriforce Sports and Betancourt Nutrition. The company offers a wide range of sports nutrition for both brands catering to intensive athletic and bodybuilding demands. Nutriforce Sports is endorsed by some of the world's leading coaches and athletes, including Crossfit champion Scott Pancik. Betancourt Nutrition is founded by former bodybuilding champ Jorge Betancourt. Visit www.epn. com.sg for more

information.

AUTOCUTT

Enjoy grooming services fit for a gentleman at Autocutt, a barbershop located at 68 Yio Chu Kang Road. Besides featuring a roster of reputable barbers from Singapore, Malaysia and Thailand, the premises also stock a curated selection of hair products such as the O'Boy Hair Pomade ("Best Pomade" winner of the Men's Health 2014 Grooming Awards) and the James Dean comb. A visit to the vintage-style premises is only by appointment. Call 9186-1233 or e-mail autocutt@ amail.com.







ROAR AND TAKE ON SINGAPORE'S TOUGHEST URBAN OBSTACLERUNI

Our country has come a long way – and so have we! Prove your mettle by taking on the 2015 Men's Health Urbanathlon.



Our country has been built on the backs of the men and women working side by side. And at this year's Urbanathlon, both sexes will prove their mettle by taking on every obstacle with equal skill and panache!

There's a reason why this obstacle race has gained a cult following among the running community in Singapore – because each year it gets tougher and tougher! With brand new obstacles like Tipping Point, Bottom Line and Wheel & Deal awaiting them, and revamped versions of old favourites like The Network, Workload, Balance Sheet and Leap Of Faith, all Urbanathletes will have to dig deep into their physical and mental reserves to conquer these challenges.

On top of this, following on last year's popular Mystery Obstacle is another that will again test your body and mind like no

plain run can. There's no way to train for this – you'll just have to wait till race day to find out what's in store!

INCLUDING

THIS YEAR!

Outstanding prizes await the top three runners for the individual category, and the top three teams from the corporate category. Everyone who completes the race gets a finisher's T-shirt, medal and personalised certificate.

Each Urbanathlete will receive a race pack worth over \$400, including an Adidas race T-shirt and a complimentary six-month digital subscription to Men's Health.

The race is open to runners 18 years old and above. But hurry – only a limited number of race slots are available!

ORGANISER

CO-ORGANISER

PRESENTER

OFFICIAL APPAREL

IN SUPPORT OF SPORTS PROMOTION

spнmagazines











Date: Mar 1, 2015 (Sun)

Time: 7am

Start/End Point:

Kallang Practice Track

Distance: 14km

REGISTRATION IS CLOSED

Enquiries: 6340-4204/info@hivelocity.com.sg

UPDATE ALERT!

All participants are to refer to the ATHLETE'S GUIDE on important race details at

http://urbanathlon. menshealth.com.sg/ 2015/

RACEVILLAGE HAPPENINGS:

The excitement continues after the race!

- View the top results and prize presentation.
- Enjoy complimentary light bites.
- It's fun and games at **Tigerair**'s booth. Win exciting prizes and flights there.
- Checkoutthelatestadidas shoe collection.
- Gather your friends and snap a cool picture with the latest Casio selfie camera mounted on a drone.
- Standachance to win a set of **Goodyear** Assurance TripleMaxtyres at its booth.
- Find out how to use your smartphone to open Kwikset Kevolocks.

- Freshen up at the **Lab Series** wash-up station.
- Take a memorable photo at the **Polar** photo wall.
- Snap a picture at the True Fitness booth and upload it onto your Facebook. Or spin the wheel to win a prize.
- Take on the "Hot Bod" challenge at the **Urban Homme** booth and win prizes.
- Register at AXA's booth and enjoy free personal accident insurance coverage.

More details in menshealth.com.sg



CASIO

GOOD FY EAR

Kwikset

LAB

PARTNERS
rodofining / insurance



NAUTICA

ESTERS TO FOUR BOOM



Urban Homme

STRILL

SWISSOATS AIII







SIGN UP AND GET A RACE PACK



- adidas race tee worth \$35
- 6 months Men's Health digital subscription worth \$36
- Tigerair 5% off flight across network
- 100Plus wet wipes worth \$3
- Lab Series Multi-Action Face Wash (2ml) & Pro LS All-In-One Face Treatment Lotion (2ml) worth \$2.70
- Polar Limited Edition Visor worth \$16.90
- True Fitness 10-day access pass worth \$110
- Urban Homme Free 45min Ginger Detox Programme or Anti-UV Facial Therapy worth \$165
- Varta Alkaline High Energy batteries worth \$6.20
- Dermal Therapy Heel Balm (3g) worth \$1.50
- Jermyn Street Free Express Manicure or Hair Wash & Styling + Looking Good tips worth \$25
- Vital Greens supplements worth \$2.90
- Darlie All Shiny White Charcoal Clean toothpaste (40g) worth \$2
- Tiger Balm Active muscle gel (5g) worth \$2

PARTICIPANTS WHO FINISH THE RACE WILL ALSO RECEIVE: • A FINISHER'S MEDAL • A FINISHER'S T-SHIRT

- PERSONALISED CERTIFICATE

PARTICIPANTS' LUCKY DRAW

ALL URBANATHLETES STAND A CHANCE TO WIN THESE AWESOME PRIZES!

- Tigerair voucher worth \$100
- Lab Series product hamper worth \$500
- Urban Homme service voucher worth \$500
- Kwikset Kevo worth \$399
- Nautica NST 16 Multi watch worth
- Polar Loop worth \$149
- True Fitness 21-day access pass worth \$140
- The Dandy Monarch Royal Package by Jermyn Street worth \$195
- Swissoats (for him) worth \$89.90
- Park Regis Singapore 2D/1N room voucher [based on Park Room] worth \$600
- HomeGym.sg Deluxe folding bench worth \$180
- aquapac StormProof™ Padded Drybag (laptop) worth \$111

kēvo LAB

ITEMS MAY VARY FROM PICTURES AS SHOWN

FOR THE FULL LIST OF PRIZES, VISIT MENSHEALTH.COM.SG.

FABULOUS PRIZES FOR THE TOP WINN

CATEGORY

ALL WINNERS WILL RECEIVE A TROPHY AND THE FOLLOWING PRIZES.

TOP PRIZE: WORTH \$7.379

- Tigerair voucher worth \$500
- True Fitness 6-month (one-club) membership worth \$1.555
- Lab Series product hamper worth \$1,000
- Casio EX-FR10 camera worth \$699
- Nautica NST 500 watch worth \$439
- Kwikset Kevo worth \$399
- Urban Homme service voucher worth \$350
- Polar M400 watch worth \$289
- 100Plus Isotonic hamper worth \$128
- The Stately Prince Barbering Service + 1-year Jermyn Street Gold membership worth \$405
- Swissoats (for him), Pomi-T, Crampeze and Dermal Therapy product hamper worth \$246.30

 • HomeGym.sg V-V600 Vortex V600 spin bike
- worth \$650
- Park Regis Singapore 2D/1N room voucher (based on Park Room) worth \$600
- aquapac Small StormProof[™] pouch, Light My Fire Sporks 'n Case, McNett MicroFiber Towel and SIGG 0.75L VIVA 3 Stage bottle worth \$118.90

2ND PRIZE: WORTH \$4,253

- Tigerair voucher worth \$300
- True Fitness 3-month (one-club) membership worth \$940
- Lab Series product hamper worth \$500
- Casio EX-ZR1500 camera worth \$499
- Nautica NST 16 Multi watch worth \$339
- Polar RCX3 watch worth \$279
- Urban Homme service voucher worth \$250
- 100Plus Isotonic hamper worth \$88
- The Dapper Duke Barbering service + 1-year Jermyn Street Gold membership worth \$395
- Swissoats (for him), Pomi-T, Crampeze and Dermal Therapy product hamper worth \$223.90
- HomeGym.sq Power tower chin-up, dips, knee raise worth \$320
- aquapac Small StormProof™ pouch, Light My Fire Sporks 'n Case, McNett MicroFiber Towel and SIGG 0.75L VIVA 3 Stage bottle worth \$118.90

3RD PRIZE: WORTH \$2,413

- Tigerair voucher worth \$200
- Lab Series product hamper worth \$300
- Polar FT60 watch worth \$269
- Nautica NST 700 Chrono watch worth \$259
- True Fitness 1-month (one-club) membership worth \$205
- Casio EX-ZS50 camera worth \$199
- Urban Homme service voucher worth \$150
- 100Plus Isotonic hamper worth \$58
- The Dapper Duke Barbering service + 6-months Jermyn Street Silver membership worth \$265
- Swissoats (for him), Pomi-T, Crampeze and Dermal Therapy product hamper worth \$209.10

 • HomeGym.sg Deluxe folding bench
- worth \$180
- aquapac Small StormProof™ pouch, Light My Fire Sporks in Case, McNett MicroFiber Towel and SIGG 0.75L VIVA 3 Stage bottle worth \$118.90



ITEMS MAY VARY FROM PICTURES AS SHOWN

CORPORATE CATEGORY

EACH WINNING TEAM WILL RECEIVE A TEAM TROPHY AND THE FOLLOWING PRIZES.

TOP PRIZE: WORTH \$18.164

Each team member receives:

- Tigerair voucher worth \$200
- Casio EX-FR10 camera worth \$699
- Lab Series product hamper worth \$400
- Nautica BFD 101 Dive Style Chrono watch worth \$389
- Urban Homme service voucher worth \$350
- Polar M400 watch worth \$289
- True Fitness 1-month (one-club) membership worth \$205
- 100Plus Isotonic hamper worth \$128 Swissoats (for him) worth \$89.90
- The Dapper Duke Barbering service by Jermyn Street worth \$65
- Park Regis Singapore 2D/1N room voucher (based on Park Room) worth \$600
- aquapac Small StormProof™ pouch, Light My Fire Sporks 'n Case, McNett MicroFiber Towel and SIGG 0.75L VIVA 3 Stage bottle worth \$118 90
- HomeGym.sg Equaliser bar worth \$99

2ND PRIZE: WORTH \$11.969

Each team member receives:

- Tigerair voucher worth \$120
- Casio EX-ZR1500 camera worth \$499
- Nautica BFD Ana-Digi watch worth \$329 Lab Series product hamper worth \$300
- Polar RCX3 watch worth \$279
- Urban Homme service voucher worth \$250
- True Fitness 1-month (one-club) membership worth \$205
- 100Plus Isotonic hamper worth \$88
- Swissoats (for him) worth \$89.90
- The Dapper Duke Barbering service by Jermyn Street worth \$65
- aquapac Small StormProof™ pouch, Light My Fire Sporks in Case, McNett MicroFiber Towel and SIGG 0.75L VIVA 3 Stage bottle worth \$118 90
- HomeGym.sg Advanced Tech ab sling worth \$50

3RD PRIZE: WORTH \$8.719

Each team member receives:

- Tigerair voucher worth \$80
- Nautica NSR 14 Multi watch worth \$289
- Polar FT60 watch worth \$269
- True Fitness 1-month (one-club) membership worth \$205
- Lab Series product hamper worth \$200 Casio EX-ZS50 camera worth \$199
- Urban Homme service voucher worth \$150
- 100Plus Isotonic hamper worth \$58
- Swissoats (for him) worth \$89.90
- The Dapper Duke Barbering service by Jermyn Street worth \$65
- aquapac Small StormProof™ pouch, Light My Fire Sporks 'n Case, McNett MicroFiber Towel and SIGG 0.75L VIVA 3 Stage bottle worth \$118.90
- HomeGym.sg Simple Doorway Chin-up bar worth \$20





9 URBAN OBSTACLES, INCLUDING THE MYSTERY CHALLENGE, AWAIT YOU.

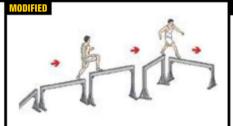
Do you have what it takes to conquer them?



MYSTERY OBSTACLE

BY TIGER AIR

Overcome your fears and reach for the sky!



OBSTACLE 1: BALANCE SHEET

BY TRUE FITNESS

Balance yourself across 4-inch-wide beams.



OBSTACLE 2: BOTTOM LINE

BY GOODYEAR

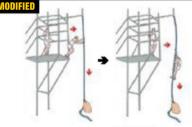
Journey across a slackline and swing to safety.



OBSTACLE 3: LATERAL MOVE

BYPOLAR

Power through two sets of parallel bars.



OBSTACLE 4: LEAP OF FAITH

BY CASIO

Take a 2m leap of faith.

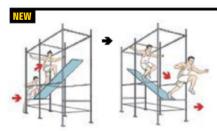




OBSTACLE 5: THE NETWORK

BY KWIKSET

Climb over a 3.2m-high three-tonne truck using a rope web.



OBSTACLE 6: TIPPING POINT

BY LAB SERIES FOR MEN Work your way past your tipping point on a narrow plank.

NEW



OBSTACLE 7: WHEEL & DEAL

BY NAUTICA WATCHES Squeeze your way through tyres hanging at different heights.

MODIFIED



OBSTACLE 8: WORKLOAD

BY 100PLUS

Carry two 10kg cement blocks and run 100m.

FOR FULL DETAILS ON THE OBSTACLES, VISIT MENSHEALTH, COM, SG

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Murad Ban Blemish Kit

Clinically proven to rapidly clear breakouts and restore the skin's health, clarity and appearance without drying or irritating it, the kit had 92 per cent of users experiencing a reduction in blemishes in just three days*.

This must-have features four essential products from the high-performance Blemish Control collection. Gentle enough for daily use, yet powerful enough to fight even the toughest breakouts, the kit will restore clarity and vitality in blemish-prone

*Individual results may vary. Study results on file.

Murad Men Facial Treatment (60 minutes)

Formulated to refuel and refine the rugged male skin, this professional-strength therapy is designed specifically to address specific male-care needs.

Natural fruit enzymes coupled with

antiseptics, antioxidants and antiinflammatory ingredients make the perfect exfoliator, while softening clogged pores prior to extraction to promote rapid healing, reduction of scars and infection.

You will see an immediate improvement in skin clarity, resulting in a healthier appearance without redness or irritation.

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EXCUSE THE PINT

If you think a trip to the watering hole is a sinful thing, think again. The Medical Research Council in the UK found that going to the pub has a beneficial effect on men aged 30 to 50. Their reasoning: Such a visit creates social engagement and offers a chance for guys to discuss any stressful issue. Use the opportunity to ask your matés how they really are, before steering the chat back to the new barmaid.



RAINY? GET BRAINY



When it's pouring outside, play a board game. Challenging hobbies such as this or learning an instrument keep your mental processes sharp and lower your risk of dementia, reports the *New England Journal Of Medicine*. The harder, the better; think card games and Scrabble, not Snakes & Ladders. No correlation was seen with gentle exercise, or watching an entire series of *House Of Cards* in one sitting.

DOES COFFEE KILL SLEEP?

DOWNING JAVA ALL DAY KEEPS YOU UP AT NIGHT - BUT ONLY IF YOU'RE A MORNING PERSON. A STUDY IN THE JOURNAL SLEEP FOUND THAT MEN WHO **CONSIDERED THEMSELVES** LARKS RATHER THAN OWLS WERE MORE LIKELY TO REPORT DISRUPTED SLEEP
IF THEY DRANK **COFFEE POST-**NOON. THE RESEARCHERS **SAID NIGHT OWLS WEREN'T** AFFECTED DUE TO THEIR GENETICS. IF YOU WAKE UP EASILY IN THE MORNINGS, REPLACE YOUR COFFEE IN THE AFTERNOON WITH A WALK. A **BELGIAN STUDY** FOUND WALKING IN SUNLIGHT FOR AT LEAST 15 **MINUTES BOOSTS** ENERGY.

STAY AWAKE

Next time you're feeling sleepy at a meeting, rub your temples. Those are pulse points. A study by the University of Michigan in the US found that rubbing them for just three minutes can lessen fatigue. Don't do it when talking to your boss, though.



NO, NOT THE SUBMARINE SANDWICH. COMPARED TO OTHER NUTS, A MIXTURE OF PECANS, WALNUTS AND HAZELNUTS IS FOUND TO HARBOUR THE WIDEST VARIETY OF POTENT ANTIOXIDANTS TO FORTIFY YOUR IMMUNE SYSTEM.

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The first date, a celebration of love, family outings. These are just some of the many moments in your life to be preserved and cherished. Casio's EXILIM range of cameras are packed with features such as motion-shutter, skin-brightening, make-up mode and many more, so that each moment captured is effortless and picture perfect. EXILIM. Let's Enjoy Selfie.









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